

Bangladeshi CURRY Cookbook

Siddiqua Kabir



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February, 1984

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Introduction

The culinary art of Bangladesh, which is a part of heritage of the sub-continent has a distinct flavour of its own. In some areas of cooking Bangladesh has earned unsurpassed fame. This is particularly true of curry dishes, more so when fish forms a part of them. Not many countries in the world have been as successful as Bangladesh in making their daily dishes palatable. Meat dishes in particular owe their origin to the Muslim heritage of Bangladesh. Bangladeshi meat preparations have a distinct character of their own. One of the chief characteristics of Bangladeshi curry is that it is a culinary delight, but it is not very hot like the curry of other parts of the sub-continent.

Bangladesh offers enormous varieties of seasonal vegetables including leafy vegetables. Cooked vegetables forms a part of daily menu in Bangladeshi houses. Typically rice will be served with a vegetable dish along with fish or meat and pulses (lentils). Fish and meat curries are also cooked with vegetables to bring a variety in cooking. Some additional recipes like rice and bread, desserts, drinks, snacks and relishes have been included, so that one can prepare a complete meal with curry.

It is expected that the receipes offered in this book will be a source of pleasure to those who like to taste exotic food. The preparations of various kind of food suggested in this book will, I hope, provide helpful guidance to the would be curry cooks.

General Information and some useful facts and figures

Weights and measures

Metric and Imperial measures have been used throughout the book. All spoon and cup measures given in this book are level. While us recipes always follow one set of measurement.

Abbreviations and equivalents used in recipes

<i>Abbreviations</i>		<i>Equivalents</i>	
lb	Pound	3	teaspoons
oz	Ounce	16	tablespoons
g	Gram	8	oz
kg	Kilogram	1	kg
			1 tablespoon
			1 cup
			1 cup
			2.2 lb

Equivalent substitutions

1 tablespoon lemon juice	1 tablespoon vinegar
1 cup natural yogurt	$\frac{3}{4}$ cup sour cream or $\frac{1}{4}$ cup sweet curd
1 cup ghee	1 cup butter oil

Variation in dishes prepared with vegetables, fish, meat, rice and lentil

Bhorta : It belongs to the class of mashed vegetables. Bhorta is easy to prepare. It is generally prepared with boiled mashed vegetables mixed with chopped onion, coriander leaves and mustard oil. Some people prefer to mix chopped green chilli or roasted red chilli with it. One can add vitamins to the menu by preparing bhorta of steamed green leafy vegetables. Bhorta of some vegetable peels such as padval, bottle gourd etc. are delicious and nutritious. Bhorta of oiled vegetables like brinjal, tomato, potato etc. are simple to prepare. Above all thinly shredded raw vegetables (bittergourd, cabbage etc.) make really tasty nutritious dish of bhorta. Bhorta of dry fish, oiled fresh fish, shrimp and egg are also palatable and can be used spread on canape for cocktail party. Bhorta is a common dish for Bangladeshi people eaten with fluffy boiled rice.

Bhaji : Diced, sliced or shredded vegetables fried in small amount of oil are known as bhaji. A pinch of turmeric usually improves the colour of bhaji. Short time of cooking bhaji ensures the minimum loss of nutrients. To enjoy varieties of vegetables bhaji can be included in the menu as side dish. It nicely matches with rice and bread as well.

Niramish : Niramish is a vegetarian dish prepared with mixed vegetables. Lentils are sometimes added to vegetable niramish. A few pieces of a very little amount are used in it. At the beginning of cooking niramish, whole spices like cumin, mustard, fenugreek, aniseed, black cumin or the mixture of these spices which is known as 'parfuron' are added to hot oil. This method brings a particular flavour to niramish. A little sugar is added to it for good taste. Niramish may be mentioned as a curry of vegetables. Those who do not like

General Information

to eat vegetables, may taste niramish. They will like it because niramish is as tasty as any kind of curry. Tasty and hearty niramish can be served as a main dish for lunch and dinner with rice and bread.

Jhol : Vegetables boiled together with fish or meat in a amount of oil with moderate or no spices make hearty dishes of jhol. Some kinds of leaves (thankuni) and stems (helencha) are used in jhol. 'Thankuni' and 'Helencha' increase flavour and are nutritious and palatable also. Jhol substitutes soup in Bangladeshi diet. Jhol is a low calorie food and easily digestible. It is an oriental dish that suits western palate.

Curry : Curry is now a popular dish all over the world. Various of spices are the main attraction of curry dish. Cumin, coriander and fenugreek top the list of curry spices, but without turmeric, ginger, onion, garlic and bayleaf curry spice remains incomplete. Cumin may be included if taste permits. In addition to these, meat needs cardamom and cinnamon. Mixture of these spices in proportion makes a curry palatable. Without curry in daily menu the meal would not be satisfying to Bangladeshi family. Curry is served with rice and bread.

Kalia : Kalia is a variety of meat curry. Usually moderately spiced kalia is cooked with meat and potato. It is served at Bangladeshi feasts with pulao or boild rice. It is a common dish for the people of Bangladesh.

Korma : Korma is not a hot food. Texture of Korma resembles curd but it is famous for its good taste. Ginger, onion, cardamom, saffron and natural yogurt are the ingredients that bring a particular taste in Korma. Smooth flavour of Korma gives enjoyment of eating. People of all ages and surely from different lands will appreciate the delicacy of Korma. In Bangladesh it is a familiar dish served at dinner parties.

Rezala : Rezala is a variety of Korma. Some additional ingredients like cream, saffron, pistachio and almond make it rich. Above all, green Chilli is a must for Rezala. Though green Chilli is used, it does not belong to the class of hot food, because chilli is added in the final stage of cooking. Rezala being a rich and palatable dish is appropriate for high cost menu.

Bangladeshi Curry Cookbook

Pullao : Fine flavoured rice (named kalijira or chinigura or Basmati) special quality cooked with ghee or soyabean oil is called pullao. Spices like cinnamon, cardamom and cloves are used in cooking pullao. Vegetable pullao includes single or mixed vegetables like peas, cauliflower, potato etc. Lemon yellow colour (liquid) may be sprinkled very finely over the pullao before serving in the dish. The dish of pullao is finished by raisins, almond, pistacheo, fried onion, fresh orange, boiled etc.

Biriyani : Biriyani is a special kind of pullao cooked with meat. Bichi Biriyani is cooked with mutton and spices. It is a well known served at wedding dinner.

Pullao cooked with chicken is called chicken pullao. It is a palatable served at formal dinner party. Tehari is also a special biriyani made with beef or lamb. Tehari may be a hot dish.

Khichuri : Rice and lentil cooked together with a little oil and spices known as khichuri. Beef potato curry, mixed vegetable salad and khuri make a wonderful menu in rainy season in Bangladesh.

How spices are used in cooking

A list of spices used in oriental cooking has been given in the sary. The different forms of spices used in cooking are whole, dried, ground (powdered), roasted and fried.

Whole spices : Cardamom, cloves, cinnamon, black cumin seed (jeera), cumin seed, coriander, black pepper, mustard, fenugreek and chilli are the spices used whole in some dishes like meat curry, korma, rezala, vegetable niramish, pickles etc.

Crushed spices : Crushed spices are used single or in combination with some vegetables or lentil. Crushed ginger, garlic, onion and green chilli are usually dropped in hot oil at the beginning of cooking.

Ground spices : Ground or powdered spices are available in the sary shop or super market. In the subcontinent majority of people use a pestle and mortar to grind spices. Slow pounding of spices, release natural oil which increases the flavour of the curry. At the present electric coffee grinder may be used for grinding spices.

Roasted and powdered spices: In some cooking coriander, cumin seed, black pepper etc. are roasted separately and crisply over very low heat, then powdered and sieved. Roasted and powdered spices are generally added to the curry at the end of cooking. Sometime cooked dishes of niramish and curry are granished by sprinkling freshly roasted and powdered cumin over them.

Fried ground spices: Some spices like cinnamon, cardamom, cloves, bayleaf, black pepper, coriander seed, cumin seed etc. are lightly fried in oil, drained, then grinded. This fried ground spices are used for making meat kabab etc

Methods of cooking curry

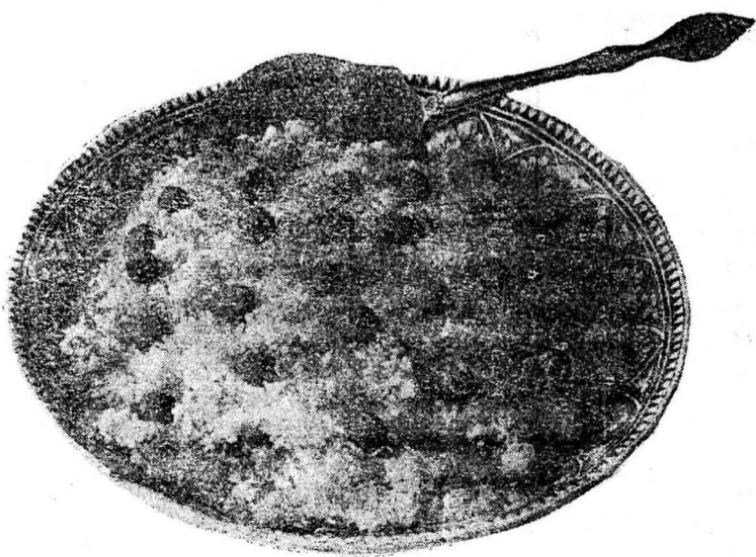
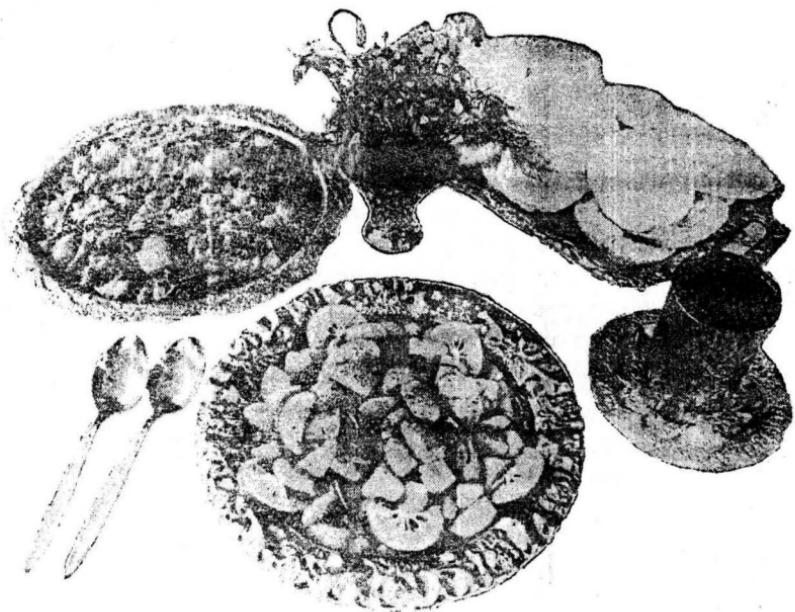
Curry is cooked by boiling, stir-frying and simmering methods. Moderate heat and low heat are used in these methods.

Boiling: In cooking curry meat, fish, lentil and vegetables are boiled so as to make them tender.

Stir-frying: At the beginning of cooking some curry spices are mixed with water and oil in a pan, then stir-fried over low heat. During the time of frying spices, oil spatters and grease the burner, this may be avoided by cooking over low heat. In cooking meat curry when meat tenders and water dries up stir-frying of meat enhances flavour of curry

Simmering: Most of the curries, except those (jhol) with liquid gravy, need prolonged simmering over low heat which is termed as 'dom' in the sub-continent. By this practice oil separates out and the flavour of the curry improves.





Recipes

Vegetables

Fried Mixed Vegetables (Sobji Bhaji)

3 cups single or mixed vegetables 1 teaspoon salt
1/8 teaspoon ground turmeric 3 tablespoons cooking oil

1. Wash, either peel or scrape vegetables if necessary. Shred, or cut into small cubes or thin slices, measure 3 cups.
2. In a fry pan saute 1 tablespoon chopped onion, put in vegetable, turmeric and salt. Stir, cover, cook over a moderate heat for three minutes, then over a low heat until soft. Stir occasionally, if necessary little water may be used to cook the vegetables.
3. Season with ground black pepper or chopped coriander leaves. Serve hot. Makes 4 servings.

Vegetables Preferable for frying: Cauliflower, cabbage, snap beans, bottle gourd, sweet pumpkin, brinjal, padval, snake gourd, bitter gourd, green papaya, spong gourd, radish, potato etc.

Chopped Mashed Vegetables

(Bhorta)

Brinjal/Eggplant :

450 g (1 lb) brinjal	1 tablespoon chopped coriander leaves
1 tablespoon chopped onion	
1 chopped green chilli	2 tablespoons mustard oil

1. Broil brinjal until it is soft. Remove skin, chop with a knife or mash. Mix some salt to taste.
2. Add all ingredients, mix well. Serve with boiled rice.

Peas :

$\frac{1}{2}$ cup shelled peas	2 tablespoons onion
$\frac{1}{4}$ cup coriander leaves	1 tablespoon mustard oil
1 green chilli	salt to taste

1. In one teaspoon oil fry peas, onion and green chilli lightly. Remove from the pan
2. Fry very lightly coriander leaves in the same pan without adding oil.
3. Grind fried vegetables. Mix with salt and rest of the oil.

Other vegetables :

Select any one of the vegetables—potato, raw papaya, string beans, snap beans, okra, bitter gourd, sweet pumpkin, green banana etc.

Boil vegetables, remove skin if necessary, mash or chop vegetable with a knife. Mix with chopped onion, green chilli, coriander leaves or mint leaves and salt. Add a little mustard oil according to taste.

Radish and Shrimp Bhaji

2	cups peeled and shredded radish	2	tablespoons chopped coriander
2	tablespoons chopped onion		leaves
$\frac{1}{2}$	teaspoon ground turmeric	$\frac{1}{4}$	cup shelled shrimp
4	pared green chillies (optional)	$\frac{1}{4}$	cup cooking oil
$\frac{1}{4}$	cup shelled peas	$\frac{1}{2}$	teaspoon panchforon

1. In a frypan heat oil and put in panchforon in it, stir, add rest of the ingredients except coriander. Cover and cook over a moderate heat. Stir occasionally.
2. When radish is cooked add coriander leaves, stir, remove from heat. Serve hot with boiled rice or chapati.

Panchforon

1	teaspoon cumin seeds	$\frac{1}{2}$	teaspoon mustard seeds
1	teaspoon aniseeds	$\frac{1}{2}$	teaspoon black cumin seeds
1	teaspoon fenugreek seeds		

1. Mix all the spices together and store in an airtight container. Use as required.

Fried Vegetable

(*Bhaja Sobji*)

450 g (1 lb) sweet pumpkin or big-sized round brinjal	$\frac{1}{2}$ teaspoon ground coriander
$\frac{1}{2}$ teaspoon ground turmeric	1 teaspoon salt
$\frac{1}{2}$ teaspoon ground red chilli	$\frac{1}{4}$ - $\frac{1}{2}$ cup cooking oil $\frac{1}{2}$ cup yogurt (optional)

1. Slice vegetable about 1 cm/ $\frac{1}{4}$ -in thick pieces.
2. Wash vegetables, drain water. Mix with spices.
3. In a fry pan heat 1 tablespoon oil and fry 1-2 pieces at a time, putting lid on. Turn once, fry till soft and brown.
4. Beat smoothly $\frac{1}{2}$ cup yogurt with a little salt, sugar and black pepper. Pour over the fried vegetables in a serving dish (optional). Serve at lunch or dinner.

Mixed Vegetable Niramish

(Lubra)

275 g (10 oz) potato	1 bayleaf
275 g (10 oz) padvals	1 teaspoon panchforon
275 g (10 oz) white gourd	$\frac{1}{2}$ cup cooking oil
200 g (8 oz) eggplant	$\frac{1}{2}$ teaspoon ground turmeric
275 g (10 oz) sweet pumpkin	$\frac{1}{2}$ teaspoon ground red chilli
1 tablespoon salt	$\frac{1}{2}$ teaspoon ground coriander
2 crushed green chillies	$\frac{1}{4}$ teaspoon ground ginger

1. Peel and cut vegetables into cubes. In a saucepan place potato, padval, white pumpkin, salt and ground species. Add water just to cover the vegetables. Cook over a moderate heat.
2. When vegetables are half cooked add eggplant and sweet pumpkin. Cook till the vegetables are tender. Add 1 tablespoon sugar.
3. In a saucepan heat oil. Put in panchforon, bayleaf and green chillies, stir and add boiled vegetables. Bring to a boil. Serve immediately with rice or chapati. Makes 8 servings.

Bhuna Niramish

1 kg (2 lbs) padval
 1 kg (2 lbs) potato
 $\frac{1}{2}$ cup shelled peanut
 4 cardamoms
 3 sticks cinnamon
 1 tablespoon sliced ginger
 1 cup cooking oil

1 bay leaf
 2 tablespoons ground cumin
 1 tablespoon ground coriander
 2 teaspoons ground turmeric
 2 teaspoons ground red chilli
 1 tablespoon salt
 1 tablespoon sugar

1. Peel padval and potato. Cut into cubes. Fry separately deep brown in 2 tablespoons fat. Fry peanut crisp.
2. Crush cardamom, cinnamon and ginger.
3. Heat oil in a fry pan. Put in crushed spices and bayleaf. Stir, add vegetables with half cup of water. Fry for 1-2 minutes stirring constantly. Add vegetables salt and 1 cup of water to cook vegetables. Cover, cook over a low heat stirring regularly.
4. Add sugar when vegetables soften. Remove from heat. Serve hot niramish in a dish. Sprinkle peanut on it. Chapati and khichuri match wonderfully with Bhuna Niramish.
5. Makes 16 servings.

Fried Vegetable with Egg

500 g(1 lb) snake gourd	3 tablespoons cooking oil
$\frac{1}{2}$ teaspoon ground turmeric	2 tablespoons chopped onion
$\frac{1}{2}$ teaspoons salt	1 beaten egg

1. Scrape or peel snake gourd. Pare lengthwise and slice thinly.
2. Heat oil in a fry pan. Saute onion add vegetable, turmeric, and salt, stir. Cover and cook until vegetable is tender.
3. Pour beaten egg over the vegetable in the fry pan, stir. When egg is cooked remove from heat.
4. Serve hot with boiled rice or bread. Shredded cabbage, radish, brinjal are good for frying with egg. Makes 6 servings.

Potato Curry

(Alur Dom)

450 g (1 lb) potato	1 teaspoon ground cumin
$\frac{1}{2}$ cup cooking oil	1 teaspoon ground coriander
1 bayleaf	2 cardamoms
$\frac{1}{2}$ teaspoon cumin seed	2 sticks cinnamon
$\frac{1}{2}$ teaspoon ground turmeric	1 teaspoon sugar
$\frac{1}{2}$ teaspoon chilli powder	$\frac{1}{2}$ tablespoon salt
$\frac{1}{2}$ teaspoon ground ginger	2 tablespoons yogurt (optional)

1. Boil potato, peel and cut into cubes. Make some of the cubes half broken. Make paste of ground spices.
2. Heat oil. Add cumin seed, bayleaf, stir, add the paste of ground spices and 1 cup of water, cook stirring regularly. When the oil surfaces add potato and rest of the ingredients. Fry for 1-2 minutes. Add $\frac{1}{2}$ cup of water, simmer for 5 minutes.
3. Serve with luchi or porota. Makes 6 servings.

Vegetables Fried in Batter

2 cups flour	oil for frying
$\frac{1}{4}$ cup cooking oil	$\frac{3}{4}$ cup water
2 tablespoons sugar	500 grams sweet pumpkin, brinjal,
2 teaspoons salt	padval, cauliflower etc.

1. Rub oil into flour. Dissolve salt and sugar in water. Add to flour, mix them to make thick batter so as to bind vegetables. Keep covered for two hours.
2. Slice pumpkin and brinjal 1.2 cm/ $\frac{1}{2}$ -in thick. Scrape padval and pare lengthwise. Separate cauliflower into small florets (select any one variety of the vegetables for frying).
3. Mix salt with the vegetable. Leave it for 10-15 minutes.
4. Heat oil in a deep fry pan. Dip one slice of vegetable into the batter fry in deep fat until brown and crisp. 3-4 slices can be fried at a time.
5. Serve crisp and hot with bhuna khichuri or pulao at lunch or dinner It may be served with tea also.

Vegetable Curry

(Niramish)

275 g (10 oz) green papaya	$\frac{1}{2}$ teaspoon ground cumin
275 g (10 oz) sweet pumpkin	$\frac{1}{2}$ teaspoon ground coriander
1 green banana	$\frac{1}{3}$ cup cooking oil
2 eggplants	1 teaspoon panchforon
2 sweet potatoes	1 bayleaf
4 padvals	4 pared green chillies
$\frac{1}{4}$ teaspoon ground ginger	2-3 teaspoons salt
$\frac{1}{4}$ teaspoon ground turmeric	2 teaspoons sugar

1. Peel banana, cut into cubes and rub with a little turmeric.
2. Wash, peel and make cubes of the vegetables.
3. Place vegetables in a saucepan except eggplant and pumkin.
4. Make paste of the ground spices and mix with vegetables. Pour water just to cover vegetables. Put lid on, cook over a moderate heat.
5. When vegetables are half cooked add eggplant and pumpkin, cook covered.
6. Add salt and sugar, correct the taste when vegetables are soft. Stir, remove from heat.
7. Heat oil in a pan. Put in panchforon, stir quickly. Add bayleaf and green chilli, stir for 30 seconds. Pour in the vegetables, stir once, bring to a boil. Serve immediately with rice or bread.
8. Makes 6 servings.

Vegetable with Lentil

(Shukta)

450 gram (1 lb) bottle gourd	1½ teaspoons salt
½ cup mung bean lentil	1 teaspoon sugar
1 cup shelled peas	2 tablespoons cooking oil
½ teaspoon ground ginger	½ teaspoon mustard seed
½ teaspoon ground turmeric	2 tablespoons chopped coriander leaves

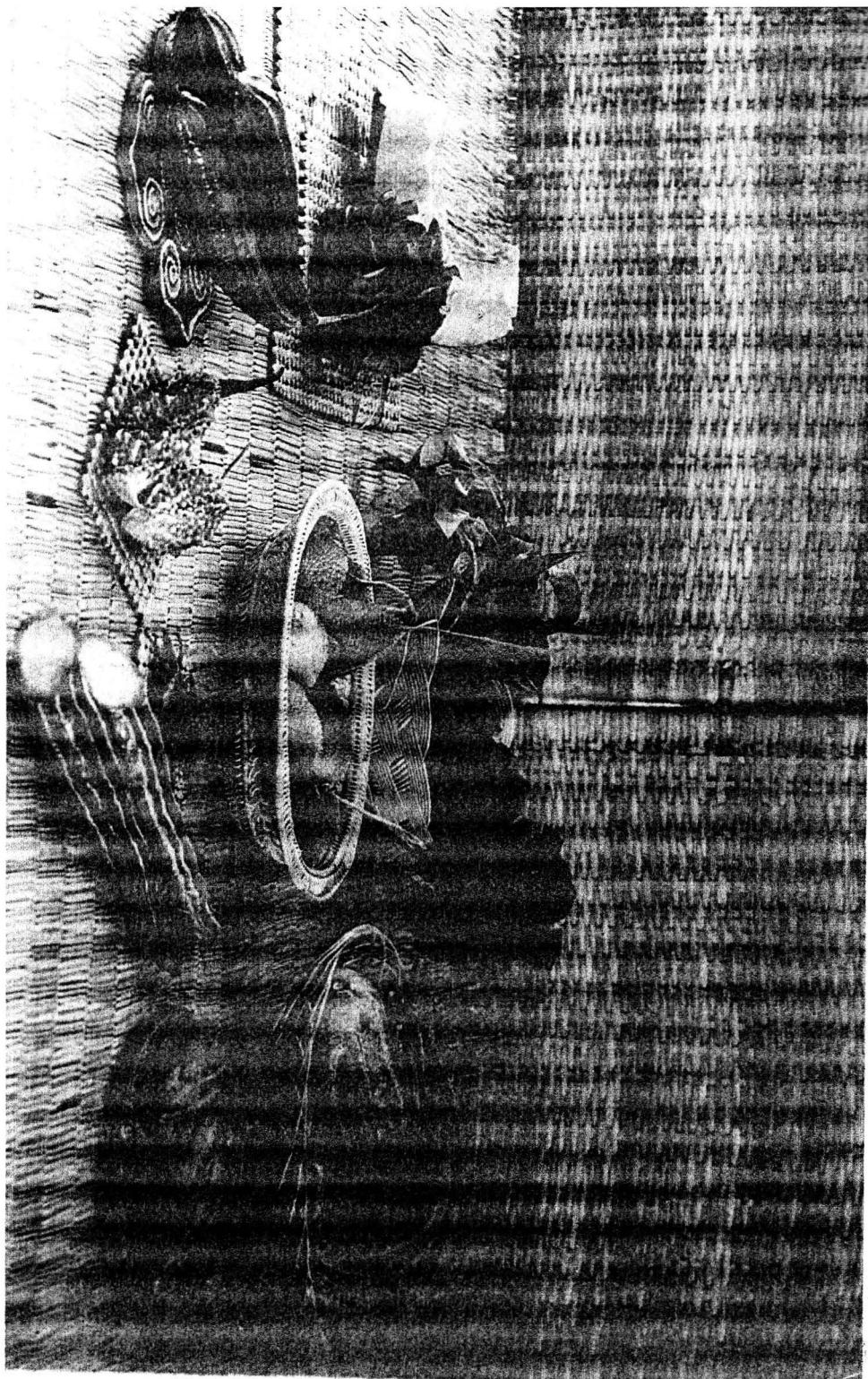
1. Peel gourd and cut into small cubes. In a fry pan roast mung beans very lightly.
2. Put in a saucepan gourd, lentil, ground spices, salt and 2 cups of water. Cover and cook.
3. When gourd is cooked add peas and one cup of water. Cook for 5-7 minutes. Add Sugar and coriander, bring to a boil.
4. In a fry pan heat oil, add mustard seeds, stir quickly. Remove from heat, pour cooked vegetables in the oil and bring to a boil.
5. Serve hot. Makes 6 servings.

Padval with Coconut

1 kg (2 lbs) padval	1 tablespoon ground mustard
1 teaspoon ground red chilli	$\frac{1}{2}$ cup cooking oil
1 teaspoon ground cumin	1 bay leaf
1 teaspoon ground coriander	2 teaspoons salt
$\frac{1}{2}$ teaspoon ground ginger	6 green chillies
$\frac{1}{2}$ teaspoon ground garlic	1 cup grated coconut

1. Wash and peel padval. Pare lengthwise, remove seeds. Cut each piece into four. Mix all ground spices with little water to make a paste. Grind the grated coconut finely to make paste (Blender may be used).
2. In a fry pan heat oil. Put in padval and bay leaf. Fry over a very low heat. When water is drawn out from the vegetable and is evaporated add spices. Fry for a few minutes keeping the burner very low during cooking.
3. Add salt, green chillies and coconut, fry stirring occasionally. Keep over a very low heat for about one hour. Stir from time to time to prevent scorching.
4. Serve with bread. Makes 6 servings.





Winter Vegetable Niramish

3	cups coarsely shredded cabbage	½	teaspoon cumin seed
½	cup carrot cubes	1	teaspoon ground red chilli
½	cup shelled peas	1	tablespoon ground coriander
3	tomatoes, cut into cubes	1-2	teaspoons sugar
½	cup cooking oil	1	teaspoon salt

1. Mix chilli, coriander and salt in half cup of water.
2. In a saucepan heat oil. Put in cumin, stir and quickly add mixed species. Fry until the water dries up. Put cabbage, carrot and peas in the pan. Stir, cover and cook over a moderate heat.
3. When vegetables are tender add tomato, keep over a low heat till the tomato softens. Add sugar, stir lightly. Keep over a low heat for about 3 minutes.
4. Serve hot with rice or chapati. Makes 6 servings.

Summer Vegetables of Bangladesh

Clockwise from the top : Pole beans/string beans, cucumber, padval, snake gourd, biter gourd, sponge gourd/ridge gourd, thankuni leaves, sweet pumpkin, leafy vegetables. In the centre—kakrol (name in bangla).

Cauliflower Moongbean Curry

1	medium sized head cauliflower	1	bay leaf
$\frac{1}{2}$	cup moongbean/green lentil	3	cardamoms
$\frac{1}{2}$	cup cooking oil	3	sticks cinnamon
1	teaspoon ground cumin	$1\frac{1}{2}$	teaspoons salt
$\frac{1}{2}$	teaspoon ground ginger	$\frac{1}{4}$	cup ground coconut (optional)
$\frac{1}{2}$	teaspoon ground turmeric	$\frac{1}{2}$	teaspoon ground red chilli
4	green chillies		(optional)

1. Roast moongbeans in a fry pan very lightly. Rinse and drain water.
2. Break cauliflower into moderate sized pieces. In a saucepan fry cauliflower for 2 minutes, put in ground spices mixing in half cup of water. Add rest of the ingredients except lentil. Fry cauliflower stirring from time to time for about 5 minutes. Add moongbeans, pour in two cups of water, stir. Cover and cook till water dries up and lentil softens.
3. Serve hot with bread or rice.
4. Makes 6 servings.

Vegetables

Alu Kopir Dalna

450 g (1lb) potato

1 medium sized head cauliflower

2 tablespoons sliced onion

2 teaspoons finely chopped onion

$\frac{1}{2}$ teaspoon ground ginger

$\frac{1}{2}$ teaspoon ground garlic

$\frac{1}{2}$ teaspoon ground turmeric

$\frac{1}{2}$ teaspoon ground red chilli

1 bayleaf

$\frac{1}{4}$ teaspoon ground cinnamon

$\frac{1}{4}$ teaspoon ground cardamom

3 crushed green chillies

2 teaspoons salt

$\frac{1}{2}$ cup cooking oil

1. Peel potato. Make medium sized cubes of potato and cauliflower.
2. Slice onion thinly.
3. Combine ground spices and chopped onion. Make paste with a little water.
4. Heat oil in a saucepan. Sauté onion, add spices and half cup of water. Fry until oil surfaces.
5. Add vegetables and bayleaf, stir. Cover and cook over a low heat, stirring from time to time.
6. If necessary add a little water to cook vegetables. Add cinnamon, cardamom, green chilli and salt. Cover, keep over a low heat until vegetables are soft and gravy is thick and oil separates.
7. Serve hot with luchi or porota or rice.
8. Makes 8 servings.

Sweet and Sour Eggplant

(Khatta Begun)

1 kg (2 lbs) eggplant	2 tablespoons finely chopped onion
$\frac{1}{2}$ teaspoon ground turmeric	$\frac{1}{2}$ cup seedless tamarind
$\frac{1}{2}$ teaspoon ground red chilli	$\frac{1}{2}$ cup sugar or molasses
1 teaspoon ground cumin	1 teaspoon panchforon
2 teaspoons ground coriandre	2 bay leaves
$\frac{1}{4}$ teaspoon ground ginger	2 teaspoons salt
1 teaspoon ground garlic	$\frac{3}{4}$ cup cooking oil

1. Soak tamarind in one cup of water. Rub through a sieve, save the puree.
2. Slice eggplant 1 cm/ $\frac{1}{2}$ -in thick and put in water. Drain water.
3. Mix the ground spices and salt to make a paste.
4. Rub the slices of eggplant with half of the mixed spices.
5. Fry eggplant light brown in a little oil, 2-3 slices at a time in a covered fry pan.
6. Choose a suitable pan in which the eggplant can be arranged in one or two layers.
7. Heat rest of the oil in the pan. Add panchforon and bayleaf. Stir, add rest of the spices except sugar and tamarind. Add half cup of water and stir-fry till the oil surfaces.
8. Add 3 cups of water, tamarind and sugar. Arrange eggplant slices, cover and cook over a low heat for about one hour. Remove from heat when gravy is very thick and oil separates out.

Meat

Spiced Rezala

1	kg (2 lbs) lean boneless mutton or lamb	$\frac{1}{2}$ teaspoon ground black pepper
1	tablespoon ginger	$\frac{1}{2}$ cup natural yogurt
1	teaspoon ground garlic	1 bay leaf
$\frac{1}{2}$	cup finely chopped onion	$\frac{1}{2}$ cup cooking oil
1	teaspoon ground turmeric	1 tablespoon sugar
2	teaspoons ground cumin	10 green chillies
$\frac{1}{2}$	teaspoon chilli powder (optional)	1 tablespoon ground poppy seed (optional)
2	teaspoons ground coriander	

1. In a saucepan combine all ingredients except sugar, green chillies and poppy seed. Mix thoroughly. Put lid on, cook over a moderate heat for about 25 minutes, lower heat then simmer for about one hour. Stir from time to time. Add sugar, salt and poppy seed.
2. Fry meat stirring constantly till oil surfaces. Add green chillies and one cup of hot water. Simmer for 20 minutes.
3. Serve hot with boiled rice or bread or porota.
4. Makes 8-10 servings.

Brown Meat

2 kg (4 lbs) tender boneless mutton or lamb	1 tablespoon salt
1 cup grated coconut	$\frac{1}{2}$ teaspoon ground cinnamon
$\frac{1}{2}$ cup finely chopped onion	1 tablespoon ground green chilli
1 $\frac{1}{2}$ tablespoons chopped ginger	$\frac{1}{4}$ cup finely chopped coriander leaves
1 tablespoon ground garlic	1 $\frac{1}{4}$ cups cooking oil

1. Cut meat into 5 cm/1-in cubes. Grind coconut.
2. Combine all ingredients except oil. Mix them and marinate for one hour.
3. Heat oil in a saucepan, add meat, stir, cover and bring to a boil. Simmer over a low heat until meat is tender. Keep over a very low heat for about an hour or till oil separates out.

Fried Mutton

2 kg (4 lbs) lean boneless mutton or lamb	1 tablespoon cumin seed
6 whole red chillies	2 teaspoons pepper corn
1 tablespoon chopped ginger	6 cardamoms
2 tablespoons crushed garlic	6 sticks cinnamon
1 cup sliced onion	$\frac{1}{2}$ cup natural yogurt
1 tablespoon coriander seed	1 cup cooking oil

1. Cut meat into $\frac{1}{2}$ pound pieces. In a saucepan place meat, chilli, ginger, garlic, onion and coriander. Add water to cover meat. Put lid on bring to a boil and simmer till gravy thickens.
2. Add 1 tablespoon salt and rest of the ingredients, stir, cover and keep over a low heat until meat is tender and water has been taken up. Fry meat stirring constantly for about 10—12 minutes, until oil separates out.
3. Serve with bread or rice. Makes 16—20 servings.

Mutton Rezala

2	kg (4 lbs) lean boneless mutton	1	tablespoon sugar
1	cup finely chopped onion	1	tablespoon salt
2	tablespoons ground ginger	20	green chillies
2	teaspoons ground garlic	1	cup ghee or oil
5	cardamoms	2	tablespoons keorawater
3	sticks cinnamon	2	tablespoons raisins
1	cup natural yogurt	2	tablespoons shredded almond

1. Make moderate sized piece of mutton.
2. In a cooking pan place meat, onion, ginger, garlic, cinnamon, cardamom yogurt, salt and ghee. Mix well, cover, cook over moderate heat for about 25 minutes.
3. When gravy thickens add keora, sugar and simmer for about 45 minutes, stirring from time to time. Add green chilli, raisins and keep over very low heat for about 1 hour. Garnish with almond.
4. Serve rezala with plain pullao, or rice or chapati or porota.

Meat Potato Curry

(**Kalia**)

1 kg(2 lbs) beef or lean boneless mutton	2 teaspoons ground cumin
$\frac{3}{4}$ cup cooking oil	2 teaspoons ground coriander
$\frac{1}{2}$ cup finely chopped onion	1 teaspoon ground black pepper
1 tablespoon ground ginger	3 sticks cinnamon
2 teaspoons ground garlic	3 cardamoms
2 teaspoons ground turmeric	1 bay leaf
$\frac{1}{2}$ -1 teaspoon chilli powder	450 g (1 lb) potato
1 tablespoon salt	2 teaspoons curry powder

1. In a pan put in the ingredients except $\frac{1}{2}$ cup of oil, potato and curry powder. Mix them well. Add water just to cover meat. Put lid on, cook over a low heat until meat is tender and water dries up.
2. Peel and pare potatoes.
3. In a separate pan heat oil. Add meat and potato, fry 10-15 minutes. Add hot water to cover meat and potato. Season with curry powder. Simmer till potato is soft.
4. Serve hot with any one of the items like rice, pullao, porota and bread.
5. Makes 6 servings.

Taj Kabah

1 kg (2 lbs) tender boneless beef	$\frac{1}{2}$ teaspoon ground black pepper
150 g (6 oz) potato	1 tablespoon ground poppy seed
150 g (6 oz) tomato	4 cardamoms
75 g (3 oz) onion	3 sticks cinnamon
2 teaspoons ground turmeric	2 cloves
$\frac{1}{2}$ teaspoon chilli powder	3 whole red chillies (optional)
2 teaspoons ground ginger	1 tablespoon vinegar
1 teaspoon ground garlic	1 tablespoon ground green papaya
2 teaspoons ground cumin	$\frac{2}{3}$ cup cooking oil

1. Slice beef into moderate sized pieces. Mix with ground green papaya (or meat tenderiser). Keep for 10 minutes.
2. Peel potatoes. Slice potatoes, tomatoes and onion.
3. Combine spices, 1 tablespoon salt, vinegar and oil. Mix with the beef.
4. In a saucepan arrange beef, potato, tomato and onion $\frac{1}{2}$ of each one above another in layers. Above these repeat the same arrangement twice. Add 1 cup of water. Put lid on, bring to a boil, simmer for about 1-2 hours till meat is tender and oil surfaces.

Boti Kabab

1	kg (2 lbs) tender boneless mutton or veal	$\frac{1}{4}$	teaspoon ground mace
1	cup natural yogurt	$\frac{1}{2}$	teaspoon chilli powder
1	tablespoon ground raw papaya (or meat tenderiser)	2	teaspoons ground cumin
$\frac{1}{2}$	teaspoon ground black pepper	1	teaspoon ground ginger
3	crushed cloves	1	teaspoon ground garlic
4	crushed cardamoms	2	tablespoons finely chopped onion
$\frac{1}{2}$	teaspoon ground cinnamon	2	teaspoons salt
$\frac{1}{2}$	teaspoon ground nutmeg	1	teaspoon sugar
		$\frac{1}{2}$	cup cooking oil

1. Cut meat into small cubes. Take ingredients in a bowl, mix them thoroughly, marinate for 4-5 hours.
2. Thread meat with skewers and broil over charcoal heat or grill meat until cooked.
3. Serve with salad and bread. Makes 8 servings.

Saschli Kabab

1	kg (2 lbs) tender boneless mutton or veal	2	teaspoons ground ginger
$\frac{1}{2}$	cup cooking oil	2	teaspoons ground garlic
$\frac{1}{4}$	cup vinegar	$\frac{1}{2}$	teaspoon ground cinnamon
95	g (4 oz) onion	4	crushed cloves
4	tomatoes	4	crushed cardamom
6	green chillies	1	teaspoon ground coriander
3	teaspoons ground green papaya	2	teaspoons ground cumin
		1	teaspoon chilli powder

1. Cut meat into 2.5 cm/1-in cubes. Pare green chillies lengthwise, cut tomato and onion into cubes.
2. Add ground spices, vinegar, 2 teaspoons salt and oil to the meat. Mix thoroughly. Marinate for 5-6 hours.
3. Thread meat, tomato, onion, chilli alternately with a skewer. Arrange the skewers in a fry pan in one layer. Add the spices, cover and cook over a low heat until meat is tender and water has been taken up, fry meat brown.
4. Serve at tea or dinner party. Makes 8 servings.

Bhuna Kabab

1	kg (2 lbs) ground beef or mutton	1	teaspoon cumin seed
$\frac{1}{4}$	cup soyabean oil	1	teaspoon ground cumin
2	bay leaves	2	teaspoons ground ginger
3	cardamoms	2	teaspoons ground garlic
3	sticks cinnamon	2	teaspoons ground coriander
2	cloves	1	teaspoon ground black pepper
1	cup sliced onion	$\frac{1}{2}$	cup natural yogurt
4	pared green chillies	2	teaspoons salt
		1	teaspoon sugar

1. Combine bay leaves, cardamoms, cinnamon, cloves, green chillies and cumin seeds.
2. Heat oil, fry onion light brown. Remove the pan from heat, stir onion for 30 seconds, then strain from oil. Return the pan to heat, add the mixed spices into the hot oil, stir-fry lightly over a low heat. Remove the pan from heat and drain out spices from oil. Grind the fried mixed spices and fried onion.
3. Add rest of the ground spices, salt and 1 cup of water to the meat and cook over a low heat till meat is tender. Fry meat till water dries up and oil surfaces. Add fried ground spices, stir and keep over a low heat for 10 minutes.

Shami Kabab

1	kg (2 lbs) ground meat	1	tablespoon salt
$\frac{1}{4}$	cup bengal gram lentil	2	tablespoons cooking oil
4	cardamoms	2	teaspoons sugar
3	sticks cinnamon	1	egg
2	cloves	2	tablespoons chopped mint or coriander leaves
4	red chillies (optional)	2	tablespoons chopped raisins
1	teaspoon ginger	2	tablespoons greated cheese
1	teaspoon black pepper	2	tablespoons chopped onion
1	bay leaf		oil for frying
2	teaspoons cumin seed		
2	teaspoons coriander seed		

1. Wash lentils. In a saucepan put in ingredients from ground meat to 2 tablespoons oil. Add 1 cup of water, cover and cook over a low heat for 25—30 minutes. Stir meat and cook till all the water has been taken up. Fry meat for 2—3 minutes.
2. Removing bay leaf grind meat again. Add egg, $\frac{1}{2}$ teaspoon lemon rind, 1 tablespoon lemon juice and mix well. Make 20 balls. Mix together mint leaves, raisins, cheese and onion. Put 1 teaspoon of this mixture into the meat ball. To make the ball flat press it with your palms in such a manner that it becomes somewhat thinner around the edges than in the centre. Fry in deep fat.
3. Serve with porota or pullao.
4. Makes 10 servings.

Sheek Kabab

500 g(1lb) beef	1 tablespoon ground papaya
2 cardamoms	(meat tenderizer)
2 sticks cinnamon	2 tablespoons flour
2 teaspoons ground coriander	2 teaspoons ground mustard
2 teaspoons ground cumin	1 tablespoon vinegar
$\frac{1}{2}$ teaspoon chilli powder	$\frac{1}{2}$ cup cooking oil
2 teaspoons salt	1 teaspoon sugar

1. Make slices of meat. Wash and drain. Add all ingredients, mix well. Marinate for 8 hours.
2. Thread the marinated meat slices on to a metal skewers. Cook under a medium hot grill (broiler), turning frequently or broil the kababs over charcoal heat until the meat is browned and tender.
3. Serve sheek kabab with salad and bread. Makes 6 serving.

Bangla Curry Powder

3 bay leaves	$\frac{1}{3}$ cup cumin seeds
$\frac{1}{4}$ cup black peper	$\frac{1}{2}$ cup coriander seeds

1. Remove foreign particles, if any, from spices.
2. Roast spices separately in a very low heat. Roast them very lightly to make them just crisp.
3. Grind the spices into powder. Sieve, leave to cool. Store in a dry airtight container, label.
4. Use this powder in cooking different types of curry.

Jali Kabab

500 g (1 lb) ground beef or mutton	$\frac{1}{4}$	teaspoon ground cardamom
2 slices loaf bread	$\frac{1}{2}$	teaspoon ground cinnamon
2 tablespoons tomato sauce	2	crushed cloves
$\frac{1}{2}$ teaspoon ground green papaya or meat tenderizer	2	teaspoons salt
1 tablespoon ground poppy seed	$\frac{1}{2}$	teaspoon ground mint leaves
$\frac{1}{2}$ teaspoon chilli powder (optional)	$\frac{1}{2}$	teaspoon ground coriander leaves
$\frac{1}{2}$ teaspoon ground mace	1	cup crumb of biscuit
$\frac{1}{2}$ teaspoon ground blackpepper	2	eggs
		oil for frying.

1. Soak bread in water. Squeeze out water.
2. Except the crumb, egg and oil, combine the remaining ingredients and mix them thoroughly.
3. Make 6 portions. Pat each portion to make round flat kabab like ham-burger steak. Cover with crumb.
4. Heat oil in a fry pan. Beat egg lightly. Dip kabab into beaten egg, then drop into the oil. Sprinkle some beaten egg on the Kabab with a pastry brush or your fingers. Fry both sides light brown in deep fat. Remove on kitchen absorbent paper.
5. Serve with salad and bread. Makes 6 servings.

Poultry

Chiken Pineapple

1	kg (2 lbs) chicken	2	sticks cinnamon
½	cup finely chopped onion	3	cardamoms
2	teaspoons ground ginger	2	cloves
1	teaspoon ground turmeric	1	bayleaf
1	teaspoon chilli powder	2	teaspoons salt
2	teaspoons ground coriander	2	teaspoons sugar
½	cup finely chopped pineapple	½	cup cooking oil

1. Cut chicken into eight pieces. Combine ground spices and make paste with $\frac{1}{2}$ cup of water.
2. Except pineapple place all ingredients in a saucepan. Add a little water just to make meat tender. Put lid on and cook over a moderate heat till meat is tender.
3. Fry meat stirring constantly for 5—8 minutes. Add pineapple and keep over a low heat. When oil separates out remove the curry from heat.
4. Makes 8 servings,

Chicken Choice

2	spring chickens	$\frac{1}{2}$	cup finely chopped onion
2	teaspoons sliced ginger	1	bayleaf
1	teaspoon crushed garlic	2	sticks cinnamon
1	teaspoon ground turmeric	2	teaspoons salt
2	teaspoons ground cumin	2	tablespoons vinegar
4	whole red chillies	$\frac{1}{2}$	cup cooking oil

1. Cut chicken into 8 pieces. Place all ingredients in a saucepan. Mix well, cover and cook over a low heat for about one hour till meat is tender or put the covered pan in the oven at 180°C/350°F for 1-2 hours.
2. Serve with porota or bread. Makes 8 servings.

Coconut Chicken

2	(1kg/2 lbs) chickens	1	tablespoon ground coriander
$\frac{1}{2}$	cup finely chopped onion	1	tablespoon salt
1	tablespoon ground ginger	$\frac{1}{2}$	cup natural yogurt
1	teaspoon ground garlic	$\frac{1}{2}$	cup cooking oil
1	teaspoon chilli powder	$\frac{1}{2}$	cup thick coconut milk

1. Cut chicken into 8 pieces. Except coconut milk combine all ingredients in a saucepan, mix well. Cover and cook over a moderate heat for about 25 minutes.
2. Add coconut milk. Cover and keep over a low heat, stir from time to time. When meat is tender, gravy is thick and oil surfaces remove from heat.
3. Serve with porota or bread and salad. Makes 8 servings.

Chicken Special Curry

2	(1kg/2 lbs) Chickens	1	tablespoon ground poppy seed
1	cup natural yogurt	1	teaspoon ground anise
½	cup finely chopped onion	¼	teaspoon ground mace
1	tablespoon ground ginger	30	g(1 oz) raisins
1	teaspoon ground garlic	60	g(2 oz) almonds
1	tablespoon ground coriander	1	tablespoon salt
2	teaspoons ground cumin	1	cup cooking oil
1	tablespoon chilli powder		

1. Cut chicken into eight pieces. Take all ingredients in a saucepan except raisins and almonds. Cover and cook over a low heat for 1-2 hours. Add raisins and almonds.
2. when meat is tender fry meat stirring constantly till gravy becomes thick and oil surfaces.
3. Serve chicken in a dish, garnish with sliced almond. Serve hot with bread and salad. Makes 8 servings.

Chicken Korma

2	(1 kg/2 lbs) chickens	1	cup sweet curd or sour cream
2	tablespoons ground ginger	2	teaspoons salt
2	teaspoons ground garlic	1	cup ghee
1	cup finely chopped onion	1	tablespoon lemon juice
6	cardamoms	2	tablespoons keora water
4	sticks cinnamon	2	tablespoons raisins

1. Select big sized chickens. Cut the chicken into 8 pieces.
2. In a saucepan combine the ingredients except lemon juice, keora water and raisins. Sour cream plus 2 tablespoons sugar may substitute sweet curd and lemon juice. Mix spices with the chicken, cover the pan, cook over a moderate heat for 10 minutes, then over a low heat for about one hour.
3. Add keora water and fry meat stirring regularly for 10 minutes. When oil separates from gravy add raisins. Keep over a very low heat for a few minutes.
4. Serve hot with porota or pullao.

Chicken Vegetable Korma

(Subdeg)

1	Kg (2 lbs) chicken	3	sticks cinnamon
2	turnips	4	cardamoms
1	kholrabi (knol khol)	½	cup natural yogurt
2	potatoes	1	tablespoon sugar
½	cup finely chopped onion	2	teaspoons salt
1	tablespoon ground ginger	1	tablespoon keora water
2	teaspoons ground garlic	½	cup raisins
1	tablespoon ground coriander	½	cup ghee or soyabean oil
1	tablespoon ground poppy seed		

1. Make eight pieces of a chicken. Peel vegetables, cut into 5 cm/2-in or medium sized cubes.
2. In a saucepan place all ingredients and mix well.
3. Make dough of 1 cup of flour and $\frac{1}{4}$ cup of water. Put lid on the pan and seal the lid with dough so that the vapour cannot come out. Cook over low heat for about 2 hours.
4. Serve with pullao, or porota or bread. Makes 12 servings.

Chicken Tikka

2	cardamoms	2	teaspoons ground ginger
2	sticks cinnamon	2	tablespoons ground papaya
3	cloves	2	teaspoons salt
6	pepper corns	1	tablespoon sugar
½	teaspoon nutmeg	1	cup yogurt
½	teaspoon mace	½	cup cooking oil
2	chickens		a pinch of yellow colour

1. Roast cardamoms, cinnamon, cloves, black pepper, nutmeg and mace very lightly over low heat, grind and sieve.
2. Make four pieces of each chicken. Mix all ingredients with the chicken, marinate for 6-6 hours.
3. Prepare charcoal heat.
4. Thread chicken piece with a skewer. Broil over charcoal heat for 20-25 minutes turning the pieces once or twice and basting it with the marinade. Broil until the meat is tender.
5. Serve with porota, or naan-roti and salad.

Tandoori Chicken

2	spring chickens	½	teaspoon ground cinnamon
½	cup natural yogurt	2	teaspoons salt
2	teaspoons ground ginger	2	teaspoons ground papaya
½	teaspoon ground turmeric		(or meat tenderizer)
½	teaspoon Chilli powder	½	cup cooking oil
½	teaspoon ground cardamom	1	teaspoon sugar (optional)

1. Cut each chicken into 4 pieces.
2. Combine all ingredients, mix them with the chicken. Marinate for 3-4 hours.
3. Set oven at 180°C/350°F. Arrange the pieces of chickens with gravy on a baking tray. Bake for 2 hours or until done, turning once. Chicken can be broiled over charcoal heat also.
4. Serve with tandoori bread or porota and salad. Makes 8 servings.

Broiled Chicken

4	spring chickens	4	crushed cardamoms
1	tablespoon ground green papaya (or meat tenderizer)	4	crushed cloves
1	tablespoon ground ginger	1	tablespoon salt
1	tablespoon ground garlic	1	tablespoon lemon juice
2	teaspoons ground chilli	½	cup cooking oil

1. Skin chickens and cut each into 4 pieces.
2. Mix all ingredients with chicken, marinate for 5—6 hours.
3. With a sharp knife make 2—3 slits on each piece.
4. Thread two pieces on to a skewer. Broil over charcoal heat (or in the oven) both sides until meat is tender.
5. Remove from skewer. Serve with tandoori bread and cucumber onion salad.

Chicken Mosamman

2 medium sized chickens	1 teaspoon ground garlic
2 tablespoons lemon juice	1 tablespoon ground coriander
2 eggs	$\frac{1}{2}$ teaspoon ground cardamom
350 g (12 oz) potato	$\frac{1}{2}$ teaspoon ground cinnamon
200 g (8 oz) peas	$\frac{1}{2}$ teaspoon ground black pepper
100 g (4 oz) carrot	$1\frac{1}{2}$ cups ghee or oil
1 cup sweet curd/yogurt	2 tablespoons keora water
$\frac{1}{2}$ cup finely chopped onion	$\frac{1}{4}$ cup thinly sliced onion
1 tablespoon ground ginger	salt to taste

1. Cut off the neck but do not cut the chicken into pieces. Clean chicken removing skin and intestines etc. Prick the chickens with a fork. Marinate the chickens in lemon juice for one hour.
2. Boil and peel eggs. Peel and cut potatoes, carrots into cubes, steam vegetables separately. In 2 tablespoons of ghee fry vegetables lightly. Mix with salt and 2 tablespoons of curd.
3. Stuff the chicken with vegetables, lastly insert the eggs into it. Close the opening by sewing with thread. In one cup of ghee fry the chickens light brown. Remove pan from heat.
4. Add ginger, garlic, coriander, salt to the curd and mix with the chicken. Cover and cook over low heat for 2-3 hours.
5. Fry sliced onion in ghee, drain, leave to cool and become crisp. Crush onion with the back of a spoon. Make paste with a little water and rest of the ingredients, add to the chickens, fry for a few minutes. Take pulao in a rice dish, put chickens on it. Garnish with sliced almond, pistachio and raisins.
6. Serve at a dinner party.

Chicken Mosallam

2 (1kg/2 lbs) chickens	2 cup ghee or oil
1 tablespoon ground ginger	3 sticks cinnamon
2 teaspoons ground garlic	4 cardamoms
1 teaspoon ground turmeric	1 cup thinly sliced onion
1 teaspoon chilli powder	1 tablespoon sliced almond
2 teaspoons ground coriander	1 tablespoon sliced pistachio
2 teaspoons ground poppy seed	2 tablespoons raisins
1 cup natural yogurt	1 tablespoon sugar
1 tablespoon salt	a pinch of yellow colour.

1. Skin chickens and remove intestines etc. Cut off the neck. Putting two legs together tie the chicken with a thread (optional).
2. Fry sliced onion golden brown in ghee. Remove from ghee and spread to cool. Combine the ground spices and mix with yogurt.
3. In a saucepan take yogurt mixture, salt, ghee and chicken, mix thoroughly. Put lid on and cook over a low heat until meat is tender. Add sugar and yellow colour.
4. In a baking tray spread the gravy and arrange the chickens on it keeping the breast side upward. Garnish with pistachio, almond and raisins.
5. Put the tray in a moderately hot oven for about 30 minutes. Serve hot with salad and pulao or porota.

Chicken Roast

4 medium sized chickens	1 teaspoon ground black pepper
$\frac{1}{2}$ cup finely chopped onion	1 tablespoon ground poppy seed
1 $\frac{1}{2}$ cup ghee or oil	$\frac{1}{4}$ teaspoon ground mace
1 tablespoon salt	$\frac{1}{2}$ teaspoon ground cinnamon
1 $\frac{1}{2}$ cup yogurt or sour cream	$\frac{1}{2}$ cup keora water
2 tablespoons ground ginger	2 tablespoons sugar
1 tablespoon ground garlic	1 tablespoon lemon juice

1. Remove skin of the chicken, keep them whole or cut each into 4 pieces. Fry the chicken lightly in ghee for about 10 minutes. Remove pan from heat. Let cool for 15 minutes.
2. Mix onion, salt, sour cream, ginger, garlic with the chicken. Add 1—2 cups of water (not necessary for spring chicken). Put lid on and cook over a low heat for about 2 hours, stirring from time to time.
3. Combine black pepper, poppy seed, mace, cinnamon and cardamom, make paste with a little water. In the middle of cooking turn the pieces of chicken, baste them with the mixture of spices, sprinkle keora water on the chicken.
4. Dissolve sugar in a little water, add lemon juice to it. When chicken is tender sprinkle this mixture on the chicken according to your taste. Keep in very low heat on the burner or in the oven till serving.
5. Makes 16 servings.





Duck Curry

1 kg (2 lbs) duck
½ cup finely chopped onion
2 teaspoons ground garlic
1 teaspoon ground turmeric
1 teaspoon chilli powder
1 teaspoon ground cumin
1 tablespoon ground ginger

1 teaspoon ground coriander
½ teaspoon ground black pepper
1 bay leaf
3 sticks cinnamon
½ teaspoon fenugreek seed
2 teaspoons curry powder
½ cup cooking oil

1. Most of the people like meat of duck with skin on. Make medium sized pieces of meat. Except fenugreek seeds, curry powder and 2 tablespoons of oil combine all other ingredients in a saucepan. Mix well, add a little water to make meat tender. Cover, cook over moderate heat. Stir from time to time.
2. When meat is tender and gravy thickens add curry powder. Fry meat stirring regularly until oil surfaces.
3. In a separate pan heat oil, add fenugreek seeds, 1 tablespoon thinly sliced onion and 1 teaspoon crushed garlic. Fry light brown, add meat, stir and keep over very low heat for 15 minutes.
4. Serve with rice, salad and lentil soup.
5. Makes 8 servings.

Fish

Fish Fry

450 g (1 lb) fish fillets or steaks	2½ teaspoons salt
1 tablespoon lemon juice	2 cups flour
½ teaspoon ground ginger	1 teaspoon sugar
½ teaspoon ground turmeric	½ teaspoon ground black pepper
½ teaspoon chilli powder	oil for frying

1. Cod, haddock, salmon, bream, hilsa, rui, katla, pangas (the four named last are available in Bangladesh) these fishes are good for frying. Scale (if necessary), clean and slice (steak or fillet) the fish. Rinse and drain. Mixing with lemon juice and 1 teaspoon of salt marinate fish for 10 minutes.
2. Add 1½ teaspoon of salt, black pepper and ½ cup of oil to flour and mix thoroughly. Add about 1 cup of water to make thick batter so that it binds fish.
3. Combine all ground spices and mix with the fish. Dip one piece of fish into the batter. Fry in deep fat evenly brown and crisp. Strain oil, remove on absorbent kitchen paper.
4. Serve with mayonnaise or tomato sauce or Kashmiri achar.
5. Makes 6 servings.

Fried Fish

450 g (1 lb) fish fillets
or steaks

1 teaspoon ground cumin
1 teaspoon ground coriander
 $\frac{1}{2}$ teaspoon ground turmeric
 $\frac{1}{2}$ teaspoon ground red chilli

$\frac{1}{4}$ teaspoon ground black pepper
1 teaspoon ground garlic
1 teaspoon salt
 $\frac{1}{3}$ cup cooking oil
2 tablespoons chopped
coriander leaves

1. Select Mackerel, bream, trout, sprat, hake, whiting, rui, katla, panges, aileer, bowal, hilsa, koi (the seven named last are available in Bangladesh) etc. for frying. Make moderate sized pieces (steak or fillet) of the fish. If the fishes are small, keep them whole dressed. Rinse the fish and drain water.
2. Make paste of ground spices, mix with the fish and salt.
3. In a fry pan heat 2 tablespoons of oil, fry 3—4 pieces of fish at a time. Brown fish turning once or twice. Add coriander leaves and remove from heat.
4. Serve hot with boiled fluffy rice or toast bread.
5. Makes 6 servings.

Fish Soup

225 g (8 oz) fish fillets or steaks	$\frac{1}{2}$ teaspoon ground ginger
110 g (4 oz) green papaya	$\frac{1}{4}$ teaspoon ground black pepper
1 medium sized potato	$\frac{1}{2}$ teaspoon ground turmeric
225 g (8 oz) sponge gourd	1 teaspoon ground coriander
110 g (4 oz) padval	2 tablespoons finely chopped onion
2 teaspoons salt	2 tablespoons soyabean oil

1. Fresh water fish like trout, bream, carp, pike, pangash, catfish, (shing, magur), koi are preferable for preparing jhol. Thoroughly descale clean and rinse the fish. Cut the flesh of fillets into 2-5 cm/1-in cubes. Rinse the pieces again and pat them dry on absorbent kitchen paper.
2. Peel vegetables and cut into 5cm/2-in long and $\frac{1}{2}$ cm/ $\frac{1}{4}$ -in thick slices. Combine ground spices and mix with $\frac{1}{2}$ cup of water.
3. Heat oil, add onion and the mixture of ground spices. Stir for 2-3 minutes. Add fish, salt and one cup of water. Bring to boil, reduce heat, simmer till water dries up. Add one cup of water, bring to a boil, remove from heat. Take out the fish from the pan. Place green papaya and potato into the pan containing water enough to cover vegetables. Boil for 6-8 minutes. Add sponge gourd, padval, fish and 3 cups of water. Bring to boil and simmer for 15 minutes.
4. Serve hot jhol with fluffy rice or breads.
5. Makes 5-6 servings.

Fish Vegetable Curry

450 g (1 lb) fish steaks	100 g (4 oz) padval
1 teaspoon ground turmeric	100 g (4 oz) sponge gourd
$\frac{1}{2}$ teaspoon chilli powder	100 g (4 oz) green papaya
$\frac{1}{4}$ teaspoon ground ginger	100 g (4 oz) potato
1 teaspoon ground coriander	100 g (4 oz) pole beans
$\frac{1}{2}$ cup finely chopped onion	(optional)
2 teaspoons salt	$\frac{1}{2}$ cup cooking oil

1. Choose any of the following fishes for making curry with vegetables : Mackerel, salmon, herring, trout, catfish, carp (rui, katla), hilsa, pangas aleer, magur, shing, shol (the eight named last are available in Bangladesh) etc.
2. Cut the fish into moderate sized steaks. Combine ground spices and mix in one cup of water. Peel vegetables, cut into 5 cm/2-in long and $\frac{1}{2}$ cm/ $\frac{1}{4}$ -in thick slices.
3. Heat oil, saute onion till soft. Add the mixture of spices, stir-fry for 3 minutes. Add fish and 2 cups of water. Boil and cook for 10 minutes. Add potato, papaya and water enough to cover vegetables. Cook for 6-7 minutes. Add 2 cups of boiled water, salt and rest of the vegetables (do not cover). Bring to a boil, reduce heat and simmer (about 10-12 minutes) till vegetables are just tender.
4. Serve hot curry with boiled fluffy rice.
5. Makes 6 servings.

Fish Vegetable Curry Soup

225 g (8 oz) fish steaks	$\frac{1}{2}$ teaspoon ground ginger
2 green bananas	$\frac{1}{4}$ teaspoon ground black pepper
225 g (8 oz) green papaya	$\frac{1}{2}$ teaspoon ground turmeric
225 g (8 oz) sponge gourd	1 teaspoon ground coriander
50 g (2 oz) helencha or thankuni leaves or spinach	2 teaspoons soyabean oil 2 teaspoons salt

1. Fresh water fish like carp, pike, bream, mackerel, catfish, koi, pangas, pabda, shoul (the four named last are available in Bangladesh) etc., may be selected for fish vegetable curry soup. Rinse the fish steaks and drain water.
2. Combine ground spices, mix in 1 cup of water. Peel and slice vegetables 2.5 cm/1-in long and $\frac{1}{2}$ cm/ $\frac{1}{4}$ -in thick. After peeling and slicing banana rub the slices with a pinch of turmeric and salt.
3. Heat oil, fry onion till soft, add the mixture of spices. Stir till water has been taken up. Add fish, 2 cups of water and salt, cook for 10 minutes. Take out fish, add vegetables and 3-4 cups of water in the pan. Bring to a boil and simmer till vegetables are just soft. Add fish and simmer for 15 minutes. Remove bones from the fish steaks.
4. Serve in individual soup bowls. Place $\frac{1}{4}$ cup of boiled rice in each bowl and pour soup with fish and vegetables over the rice. Serve hot.
5. Makes 4 servings.

Methi Curry of Fish

1 kg (2 lbs) fish steaks	$\frac{1}{2}$ teaspoon ground turmeric
225 g (8 oz) sliced onion	2 teaspoons salt
6 red chillies	$\frac{1}{4}$ cup cooking oil
2 tablespoons tamarind	$\frac{1}{2}$ teaspoon fenugreek seeds

1. Select cod, haddock, salmon, white bream, carp (rui, katile), pangas, aileer, shoul, gojar (the six named last are available in Bangladesh) for methi curry. Steaks or butterfly steaks both the cuts are suitable for cooking methi curry. Rinse steaks under running cold water, drain and pat the flesh dry.
2. Soak tamarind in $\frac{1}{2}$ cup of water.
3. Mix onion with turmeric and salt. Combine with fish and chilli and mix well.
4. Heat oil in a cooking pan. Add fenugreek seeds, stir till seeds pop. Add fish with onion, stir very gently. Cover, bring to boil, reduce heat, cook for 30 minutes.
5. Turn the pieces of fish. Add tamarind, cook over very low heat for about one hour. Remove from heat when water dries up and oil separates out.
6. Makes 8 servings.

Fish Spinach Curry

450 g (1 lb) fish steaks or cubes	$\frac{1}{2}$ teaspoon ground coriander
450 g (1 lb) spinach	$\frac{1}{2}$ teaspoon ground black pepper
1 teaspoon ground turmeric	3 tablespoons finely chopped onion
$\frac{1}{2}$ teaspoon chilli powder	2 teaspoons salt
$\frac{1}{2}$ teaspoon ground ginger	$\frac{1}{2}$ cup cooking oil

1. Cod, haddock, bream, catfish, trout, pangash, rui, aleer, boal, koi, etc. are the best selection for making curry with spinach. Cut fish into medium sized pieces (steaks or cubes).
2. Wash and chop spinach. Mix spices with water.
3. In a saucepan heat oil, saute onion. Add the mixture of spices, stir-fry until water dries up. Add 2 cups of water. Carefully lower the fish into the pan. Cover, cook over moderate heat for about 10 minutes. Turn the fish, add spinach, cover and cook for a few minutes. Stir and simmer till water has been taken up and oil surfaces.
4. Serve hot with boiled fluffy rice.
5. Makes 4 servings.

Fish Kofta

1 cup (8 oz) ground fish	$\frac{1}{2}$ teaspoon finely chopped green chilli
$\frac{1}{2}$ cup boiled mashed rice	$\frac{1}{4}$ teaspoon ground cardamom
$\frac{1}{2}$ teaspoon ground ginger	$\frac{1}{4}$ teaspoon ground cinnamon
$\frac{1}{2}$ teaspoon ground garlic	$1\frac{1}{2}$ teaspoons salt
1 teaspoon ground coriander	1 tablespoon chopped coriander leaves
1 teaspoon ground cumin	
$\frac{1}{2}$ teaspoon chilli powder	

1. Any kind of fleshy boneless fish may be selected for making kofta. Grind the flesh of fish. In Bangladesh chitol and foli are specially chosen for making kofta.
2. Remove skin from fish. Rinse and drain water. Grind fish.
3. Combine all other ingredients and mix with the fish. Divide into 8 portions or wrap the ground fish with skin. Fry in deep fat.
4. Either serve hot kofta or make curry with the kofta.
5. Makes 4 servings.

Kofta Curry : Make paste of the ground spices of the above recipe. Add $\frac{1}{2}$ teaspoon of ground turmeric in it. Heat $\frac{1}{2}$ cup of oil, fry 2 tablespoons finely chopped onion in it. Add the mixture of spices and $\frac{1}{2}$ cup of water. Stir-fry for 5 minutes. Add one recipe of fish kofta. Simmer for 8-10 minutes. Serve with rice or bread.

Fish Dopeyaja

450 g (1 lb) fish steaks or cubes	2 tablespoons green leaves of onion
$\frac{1}{2}$ cup sliced onion	2 tablespoons coriander leaves
$\frac{1}{2}$ teaspoon ground turmeric	$\frac{1}{3}$ cup cooking oil
$\frac{1}{2}$ teaspoon chilli powder	1 teaspoon salt
$\frac{1}{2}$ teaspoon ground ginger	2 tomatoes cubed
$\frac{1}{2}$ teaspoon ground black pepper	

1. Eel, trout, mackerel, herring, pike, bream, salmon, pollock, catfish, prawn, shing, magur, koi, shol, gojar (the five named last are available in Bangladesh) are good fishes for making dopeyaja. Make steaks or cubes of 5 cm/1-in thickness of any one variety of the fish. Rinse fish under running cold water and drain.
2. Make paste of the ground spices. Heat oil in a fry pan. Add spices and stir-fry for 30 seconds. Add fish, onion, salt and half cup of water. Cover and cook over moderate heat till fish is cooked. Add tomato, onion leaves and coriander leaves. Stir and keep over low heat until oil separates out.
3. Serve hot with the fluffy (boiled) rice or bread.
4. Makes 6 servings.

Hilsa Curry

450 g (1 lb) hilsa steaks	1 teaspoon ground coriander
$\frac{1}{2}$ cup chopped onion	1 teaspoon salt
1 teaspoon ground turmeric	2 green chillies
$\frac{1}{2}$ teaspoon chilli powder	$\frac{1}{4}$ cup cooking oil

1. Make pieces of fish. Combine ground spices, mix in $\frac{1}{2}$ cup of water.
2. Heat oil, saute onion, add mixture of spices, stir-fry for 2 minutes. Add 2 cups of water, salt and fish. Cover, bring to boil and simmer till water has been taken up. Add chillies 10 minutes before removing from heat. This curry may be prepared with other fishes like mackerel, herring, shad etc.
3. Serve with boiled rice. Make 4-6 servings.

Fish Curry with Coconut Milk

450 g (1 lb) fish steaks or cubes	$\frac{1}{2}$ teaspoon ground ginger
$\frac{1}{2}$ cup soyabean oil	2 cardamoms
$\frac{1}{2}$ cup finely chopped onion	2 sticks cinnamon
1 teaspoon ground turmeric	2 teaspoons lemon juice
1 teaspoon chilli powder	4 green chillies
1 teaspoon ground coriander	$\frac{1}{2}$ cup thick coconut milk

1. Scrape the pulp of fresh coconut, add $\frac{1}{2}$ cup of lukewarm water. Keep for 10 minutes. Squeeze the scraped pulp and strain coconut milk.
2. Carp, bream, mackerel, salmon, cod, haddock, lobster, prawn, hilsa etc. are good selection for preparing curry with coconut milk. Make medium sized pieces of fish.
3. Heat oil in a saucepan. Add onion and ground spices mixing in one cup of water, stir-fry spices until oil separates.
4. Add 1 cup of water and salt. Bring to a boil. Arrange fish in the pan, add lemon juice, cardamom and cinnamon. Cover and cook till gravy thickens. Turn fish, add coconut milk and green chillies. Cover and simmer till oil surfaces.
5. Serve hot with boiled rice or pulao or bread.
6. Makes 4 servings.

Fish Curry with Yogurt

450 g (1 lb) fish steaks	1 teaspoon ground coriander
$\frac{1}{2}$ cup cooking oil	1 teaspoon salt
$\frac{1}{2}$ cup finely chopped onion	2 teaspoons sugar
1 teaspoon ground turmeric	$\frac{1}{3}$ cup natural yogurt
$\frac{1}{2}$ teaspoon chilli powder	4 green chillies
$\frac{1}{2}$ teaspoon ground ginger	

1. Hilsa or other fishes like carp, bream, mackerel, salmon, lobster, prawn etc. may be selected for fish curry with yogurt. Gut, descale and rinse the fish. Cut the fish into medium sized steaks. Rinse the steaks again under cold running water. Pat them dry on absorbent kitchen paper.
2. In a saucepan put in all ingredients except green chillies. Add 1 cup of water, cover and cook over moderate heat. Turn fish once, add chillies and simmer till gravy thickens and oil separates out.
3. Serve hot with boiled rice and salad.
4. Makes 4 servings.

Fish Pineapple Curry

450 g (1 lb) fish fillets or steaks	1 teaspoon ground coriander
$\frac{1}{2}$ cup soyabean oil	2 teaspoons salt
$\frac{1}{2}$ cup finely chopped onion	$\frac{1}{2}$ cup chopped pineapple
1 teaspoon ground turmeric	2 teaspoons sugar
$\frac{1}{2}$ teaspoon ground chilli	4 pared green chillies

1. Choose a big sized hilsa or other fishes like carp, mackerel, haddock, herring, salmon, shad, lobster etc. Gut, descale and rinse fish. Cut into fillets or steaks, rinse and drain water and pat them on absorbent kitchen paper.
2. Mix ground spices in half cup of water.
3. In a saucepan heat oil. Add onion and mixture of spices. Stir-fry spices till oil separates. Add pineapple and salt. Stir and boil for 2 minutes. Add sugar and 1 cup of water. Arrange fish in the saucepan. If necessary add more water just to cover fish. Put lid on. Cook over moderate heat.
4. When gravy thickens add chillies, keep over low heat till oil surfaces.
5. Serve with boiled rice or bread.
6. Makes 4 servings.

Fish and Moongbeans Curry

225 g (8 oz) fresh water fish	1 teaspoon ground turmeric
225 g (8 oz) moong beans/green lentil	1 teaspoon chilli powder
$\frac{1}{2}$ cup cooking oil	1 teaspoon ground coriander
$\frac{1}{2}$ cup chopped onion	1 bayleaf
1 teaspoon ground ginger	2 teaspoons salt
	2 pared green chillies

1. Fresh water fish like carp, catfish, (shing, magur), shol, gojar, (the two named last are available in Bangladesh) etc. are used for this curry. Make steaks of fish, rinse and drain water.
2. Roast the lentils very lightly. Rinse in lukewarm water and drain. Add one cup of hot water and boil lentils till water absorbs.
3. Heat oil, saute onion, green chilli and bayleaf. Add ground spices mixing in 1 cup of water. Stir-fry for 2 minutes. Add fish steaks, salt and water enough to cover fish. Cook for 5 minutes. Add lentils and 1 cup of water, cover and cook over low heat till lentils are cooked.
4. Serve at lunch or dinner with boiled rice,
5. Makes 4 servings.

Hilsa Wrapped in Green Leaves

(Patura)

450 g (1 lb) hilsa steaks	1 tablespoon ground mustard
$\frac{1}{2}$ teaspoon ground turmeric	1 teaspoon salt
$\frac{1}{2}$ teaspoon finely chopped green chilli	3 tablespoons soyabean oil
1 teaspoon ground coriander	13 leaves of bottle gourd
	2 banana leaves or aluminium foil

1. Gut, descale and cut fish into medium sized steaks. Rinse and drain water. Pat them on absorbent kitchen paper.
2. Combine spices, salt and oil. Mix with the fish.
3. Lay 4-5 gourd leaves. Arrange fish on it in two layers. Cover by rest of the leaves. Wrap with banana leaves neatly, tuck with tooth pick or bind loosely with thread.
4. Bake at 180°C/350°F for about 1 hour. It can be baked in an oven proof baking dish instead of wrapping with leaves. Mackerel, cod, shad substitute hilsa in preparing oven baked fish.
5. Serve hot with boiled rice or chapati.
6. Makes 4 servings.

Hilsa Onion Korma

450 g (1 lb) hilsa steaks	6 pared green chillies
225 g (8 oz) thinly sliced onion	1½ teaspoons salt
½ teaspoon ground turmeric	½ cup soyabean oil

1. Mackerel, herring, trout and shad may substitute hilsa in this korma. Rinse fish steaks and drain water.
2. Heat oil in a pan. Sauté onion until soft. Mix fish with salt and turmeric. Arrange the steaks in the pan, cover and cook over low heat for about 2 hours. Turn the pieces of fish once and add chillies. When oil separates out remove from heat.
3. Serve hot with boiled rice or bread.
4. Makes 6 servings.

Hilsa Kabab

1	medium sized hilsa	4	chopped green chillies
2	potatoes.	1	cup biscuit crumb
1	lemon	$\frac{1}{4}$	cup cooking oil
1	teaspoon lemon rind	1	tablespoon tomato sauce
1	tablespoon lemon juice	$\frac{1}{2}$	teaspoon ground black pepper
$\frac{1}{4}$	cup chopped onion		

1. Descale and rinse the fish. Keeping head with the back bone cut the fillets.
2. In a baking tray place the head with bone, add some water and keep in a hot oven for a few minutes turning once. It can be boiled in a pan also.
3. Boil potato, peel and mash.
4. Boil the fish fillets in small amount of water till cooked. Flake the flesh of fish and remove bones.
5. Slice one green coloured lemon thinly for decoration. Grate the rind of another lemon and squeeze the juice from it.
6. Fry the crumb lightly in 1 tablespoon of oil. Heat 2 tablespoons oil and fry the onion and chillies. Drain off the oil and spread the onion on absorbent kitchen paper. Place mashed potato in the pan and fry for 5-8 minutes.
7. Heat 1 tablespoon of oil, add the fish, tomato sauce, black pepper, lemon juice, rind and salt. Fry for 5-10 minutes. Add potato, onion and three-fourth of the crumb.
8. In a serving dish place the head with bone. Arrange the flaked cooked fish over the bone giving the shape of hilsa. Cover the top of the fish spreading crumb on it. Press lightly and evenly. With the edge of a spoon's handle make dents on the hilsa kabab to give impression of scales.

9. Bake at 180°C/375°F for 20-25 minutes. Decorate kabab dish with the lemon slices and potato chips.
10. Serve hilsa kabab at a dinner party.
11. Makes 10-12 servings.

Fish Korma

1 kg (2 lbs) white fish steaks	6 cardamoms
1 cup sour cream or yogurt	4 sticks cinnamon
$\frac{1}{2}$ cup finely chopped onion	1 tablespoon salt
2 teaspoons ground ginger	$\frac{1}{4}$ cup ghee or cooking oil
1 teaspoon ground garlic	6 pared green chillies
$\frac{1}{2}$ teaspoon ground turmeric	1 tablespoon keora water
2 teaspoons ground coriander	2 teaspoons sugar

1. Select carp, (rui, katla), cod, haddock, salmon, white bream, aieer, panges (the two named last are available in Bangladesh) etc. for fish korma. Steaks or butterfly steakes both are suitable pieces for cooking korma. Rinse steaks, drain water and pat them on absorbent kitchen paper. Mix with yogurt and marinade for 5 minutes.
2. Combine ground ingredients and mix in 1 cup of water.
3. Heat oil, fry onion till soft. Add the mixture of spices. Stir-fry till water has been taken up. Add the fish steaks, cardamom, cinnamon and salt. Add water enough to cover fish. Put lid on and cook till gravy thickens. Turn the pieces of fish steaks. Add green chillies, keora water, sugar and lemon juice (if desired). Keep over low heat until oil separates out.
4. Serve with boiled rice or pullao or porota.
5. Makes 10-12 servings.

Lentil

Boiled Lentil

1 cup lentils/red gram	2 tablespoons chopped coriander
1 teaspoon salt	leaves
2 tablespoons chopped onion	2 chopped green chillies
	1-2 tablespoons mustard oil

1. Rinse lentils, add 2 cups of water, cover and simmer until water has been taken up and lentils are cooked. Allow to cool for 5 minutes.
2. Mix all ingredients with lentil. Serve with boiled rice or chapati.

Boiled Thick Lentil

(Luchi Dal)

1 cup bengal gram/lentils	1½ teaspoon salt
1 teaspoon sliced ginger	2 tablespoons chopped onion
2 cloves garlic	2 tablespoons cooking oil
1 tablespoon sugar	2 paired green chillies

1. Rinse lentils with lukewarm water. Cook lentils, ginger and garlic in 4 cups of water until soft. Grind boiled lentil in a blender or grinding stone.
2. Add sugar, salt, green chillies and 2 cups of water. Bring to boil.
3. In a sancepan fry onion in oil, pour lentil, remove from heat.
4. Serve hot with luchi or boiled rice.
5. Makes 4 servings.

Lemon Flavoured Lentil

1	cup chick peas/lentil	2	teaspoons sugar
$\frac{1}{2}$	teaspoon ginger	2	tablespoons cooking oil
$\frac{1}{2}$	teaspoon ground turmeric	$\frac{1}{2}$	teaspoon mustard seeds
1	teaspoon salt	2	lemon leaves

1. Cook lentil with ginger and turmeric in 4 cups of water till it is softened. Grind lentil using a blender or a grinding stone.
2. Add salt, sugar and 2 cups of water to the lentil. Bring to boil.
3. Heat oil in a pan. Add mustard seeds. When seeds are popped quickly add lentil, bring to a boil, remove from heat. Add lemon leaves, keep covered.
4. Serve with rice or chapati.

Tomato in Lentil

1	cup red gram/lentils	2	tablespoons chopped coriander
$\frac{1}{2}$	teaspoon ground turmeric		leaves
$\frac{1}{2}$	teaspoon chilli power	2	pared green chillies
1 $\frac{1}{2}$	teaspoon salt	2	tablespoons crushed garlic
5	medium sized tomato	1	tablespoon cooking oil

1. Simmer lentils in 4 cups of water with turmeric, chilli powder and salt for 40 minutes. Cut each tomato into 4 pieces, add to the lentils and cook till tomatoes are soft. Add coriander leaves, green chilli and bring to a boil. Remove from heat.
2. In a pan heat oil, fry garlic brown, pour lentil, bring to a boil. Serve hot with boiled rice.

Cucumber Lentil Niramish

1	medium sized cucumber	1	teaspoon salt
1	cup red gram lentils	2	pared green chillies
$\frac{1}{2}$	teaspoon ground ginger	1	tablespoon sliced onion
$\frac{1}{2}$	teaspoon ground turmeric	1	tablespoon cooking oil
$\frac{1}{2}$	teaspoon ground coriander		

1. Peel, wash and cut cucumber into small cubes. **Green papaya, white gourd, sponge gourd, bottle gourd, spinach, radish, carrot, beans can substitute cucumber.**
2. Rinse lentils and drain water.
3. In a saucepan place all ingredients except onion, chillies and oil. Add 3-4 cups of water, cover and simmer till lentil and cucumber are cooked. Add green chillies and bring to a boil.
4. Heat oil, fry onion brown, pour lentils. Remove from heat. **Serve hot with boiled rice or chapati.**
5. Makes 6-8 serving.

Lentil with Vegetables

350 gram (12 oz) green papaya	$\frac{1}{2}$	teaspoon ground cumin
$\frac{1}{2}$ cup string beans	$\frac{1}{2}$	teaspoon ground ginger
1 cup chopped spinach	$\frac{1}{4}$	teaspoon ground black pepper
$\frac{1}{3}$ cup red gram / lentils	1	tablespoon chopped onion
$\frac{1}{2}$ teaspoon ground turmeric	$\frac{1}{2}$	teaspoon panchforon
$\frac{1}{2}$ teaspoon chilli powder	2	tablespoons cooking oil

1. Peel, wash and make cubes of papaya.
2. In a saucepan take all ingredients except onion, panchforon and oil. Add 2 cups of water. Cover and boil till papaya and beans are cooked.
3. Heat oil in a pan. Add panchforon and onion, fry brown stirring constantly. Add boiled vegetables, bring to a boil.
4. **Serve hot with rice.**

Rice & Bread

Plain Pullao

450 g (1 lb) pullao rice
 $\frac{1}{4}$ cup butter oil/ghee
 $\frac{1}{2}$ teaspoon ground ginger

2 sticks cinnamon
2 cardamoms
2 teaspoons salt

1. Rinse rice and drain water.
2. In a saucepan put all ingredients, add 4 cups of water. Bring to boil, stir, cover and cook over moderate heat for 10 minutes. Lower heat, simmer for 10 minutes. Do not open the lid and do not stir. Remove from heat.

Pea pullao : To the recipe above, add $\frac{1}{2}$ cup of shelled green peas before simmering.

Fish Pullao

450 g (1 lb) carp
 $\frac{1}{2}$ cup chopped onion
2 teaspoons ground ginger
1 tablespoon ground coriander
3 cardamoms
2 sticks cinnamon

$\frac{1}{2}$ cup natural yogurt
1 tablespoon lemon juice
1 teaspoon sugar
 $\frac{1}{2}$ cup cooking oil/ghee
6 pared green chillies
450 g (1 lb) pullao rice

1. Cut fish into 2.5 cm/1-in pieces. In a saucepan combine all ingredients, except green chillies and rice. Mix well, add $\frac{1}{2}$ cup of water and 1 teaspoon salt, cover and cook till gravy is very thick. Turn the fish and keep over a very low heat for 25 minutes.
2. Remove the pieces of fish from the pan. Add rice to the gravy. Fry for 2 minutes. Add salt and $3\frac{1}{2}$ cups of hot water. Put lid on, cook rice for 18 minutes. Remove from heat. Keep covered for 10 minutes.
3. Take out half of the rice. Place fish and chillies on the other half of rice in the pan and cover them with the rice taken out before. Keep in the oven (at 135°C/300°F) for 25 minutes.

Chicken Pullao

450 g (1 lb) pulao rice or basmati rice	$\frac{1}{2}$ teaspoon ground cinnamon
2 medium sized chickens	1 cup natural yogurt
$\frac{1}{2}$ cup finely chopped onion	1 tablespoon lemon juice
1 $\frac{1}{2}$ tablespoon ground ginger	1 tablespoon sugar
2 teaspoons ground garlic	2 tablespoons keora water
$\frac{1}{2}$ teaspoon ground nutmeg	$\frac{1}{2}$ teaspoon saffron
$\frac{1}{8}$ teaspoon ground mace	2 tablespoons sliced almond
$\frac{1}{8}$ teaspoon ground cloves	2 tablespoons sliced pistachio
$\frac{1}{8}$ teaspoon ground cardamom	1 $\frac{1}{2}$ tablespoons salt
	$\frac{1}{2}$ cup milk

1. Soak saffron in keora water. Soak almond and pistachio in water and slice thinly.
2. Remove skin from chicken. Make four pieces of each. Saute onion in ghee. Put in chicken and fry light brown. Mix in all ground spices, 1 tablespoon salt with yogurt and add to the chicken. Cook over a low heat stirring from time to time until gravy thickens and oil separates.

ates from the gravy. Add lemon juice and sugar.

- Take out as much oil as possible. Remove the chicken pieces from the gravy.
- Rinse rice, drain water. Add rice and salt to the gravy, add milk and 2½ cups of water also. Stir, cover and cook for about 20-25 minutes. Remove from heat.
- Take out half of the rice. Arrange the pieces of chicken on rice in the pan, sprinkle some keora water, almond and pistachio. Cover with another half portion of rice. Sprinkle rest of keora, almond and pistachio. Keep over a very low heat or put in the oven at 135°C/300°F for 25 minutes.
- Serve hot with borhani, salad and shami kabab.

Shrimp Coconut Pullao

½ cup shelled shrimp	3 cardamoms
½ teaspoon ground turmeric	2 sticks cinnamon
½ teaspoon ground red chilli	½ cup cubed potato
½ teaspoon ground ginger	½ cup shelled peas
½ teaspoon ground garlic	3 tablespoons chopped onion
3 tablespoons chopped onion	4 green chillies
½ cup thick coconut milk	2 teaspoons salt
½ cup cooking oil	450 g (1 lb) pullao rice

- Cook shrimp mixing with all ingredients except potato, peas green chillies and rice. Fry for a few minutes till oil surfaces.
- Add rice, potato, peas and 4 cups of hot water. Bring to boil, stir and simmer till water absorbs and rice is cooked.
- Serve hot with salad.

Mutton Pullao

(Kachchi Biriyani)

1 kg (2 lbs) mutton	1 tablespoon cumin seeds
1 cup ghee	2 teaspoons red chilli powder
225 g (8 oz) onion	1 cup sweet curd/yogurt
1 tablespoon ginger	3 tablespoons salt
1 teaspoon garlic	2 tablespoons lemon juice
½ teaspoon cinnamon	425 g (1 lb) basmati or pullao rice
½ teaspoon cardamom	1 cup wheat flour
½ teaspoon cloves	a pinch of yellow colour
1 teaspoon nutmeg	
½ teaspoon mace	

1. Wash and soak mutton in 2 tablespoons salt for 30 minutes. Rinse the meat again and drain water.
2. Fry sliced onion light brown in $\frac{1}{2}$ cup of ghee, remove from the pan. Peel and pare medium sized potato, mix with a pinch of yellow colour and fry in the same pan.
3. Either grind fresh spices or use powder of spices from ginger to red chilli. Combine them.
4. Take meat in a sauce pan with a fitted lid. Add spices, onion, lemon juice and yogurt to the meat, mix well. Arrange fried potatoes on meat.
5. Set oven at 180°C/350°F.
6. Rinse rice, cook in boiling water for 1-2 minutes. Strain and save the gruel. Spread rice over the meat.
7. Add ghee and 1 tablespoon salt to 2 cups of gruel and pour over the rice. Sprinkle a pinch of yellow colour on rice, put on lid.
8. Make soft dough of wheat flour with $\frac{1}{2}$ cup of water. Seal the lid of the pan with dough.
9. Keep the pan in moderately hot oven for 3 hours.
10. Serve hot with fresh vegetables salad and borhani.

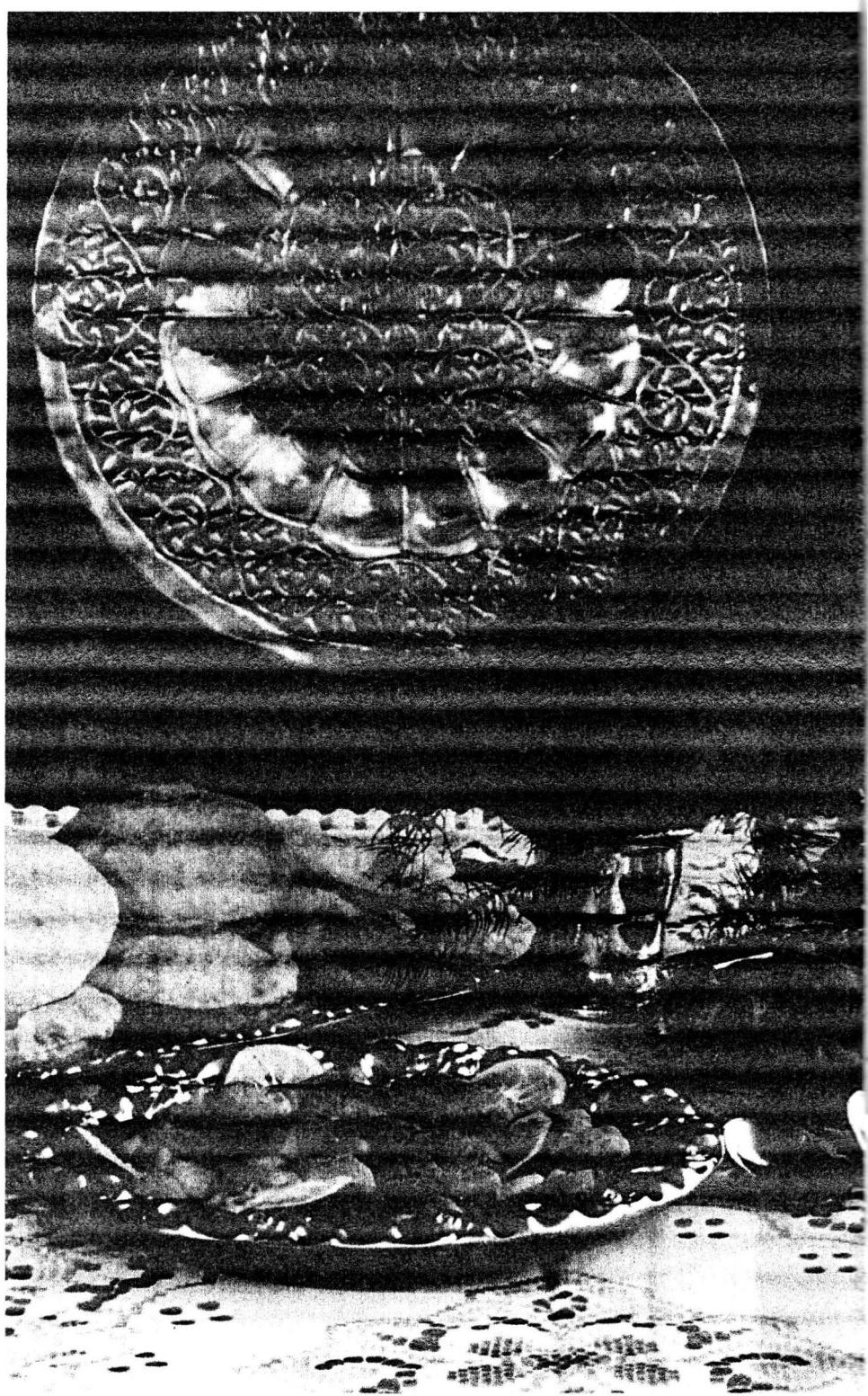
Mutton Tehari

700 g (1½ lb) mutton	½ cup chopped onion
½ teaspoon ground black pepper	4 sticks cinnamon
½ teaspoon ground nutmeg	4 cardamoms
½ teaspoon ground caraway seed	½ cup cooking oil
½ teaspoon ground mace	1 tablespoon salt
1 tablespoon ground ginger	10 green chillies
1 teaspoon ground garlic	700 g (1½ lb) pulao rice or
½ cup natural yogurt	basmati rice

1. Cut mutton into small cubes. Add all ground spices, onion, cinnamon, cardamom, yogurt, oil and ½ tablespoon salt. Mix well, cover, cook over a low heat until mutton is tender. Stir-fry meat till water dries up.
2. Add chillies, rice, salt and 5 cups of hot water. Stir, cover and cook over moderate heat (for about 18 minutes) till water has been taken up and rice is cooked. Do not open the lid after removing from heat.

Clockwise from the top: Chicken Korma (Page 36), Cornflour Haluwa (Page 84), Porota (Page 14), Potato Dolma (page) Centre; Sheek Kabab (Page 32),





Beef Tehari

700 g (1½ lb) beef

½ cup finely chopped onion
 1 tablespoon ground cumin
 1 teaspoon ground coriander
 1 teaspoon ground turmeric
 1 teaspoon ground red chilli
 ½ teaspoon ground black pepper
 2 teaspoons ground ginger
 1 teaspoon ground garlic

3 sticks cinnamon
 4 cardamoms
 4 cloves
 2 bay leaves
 1½ tablespoons salt
 1 cup cooking oil
 700 g (1½ lbs) pulao rice
 6 green chillies
 1 cup shelled green peas

1. Cut meat into small cubes. Except rice, green chillies and peas mix all ingredients in a saucepan. Mix with 2 cups of water. Cook over a low heat till meat is tender. Fry meat stirring constantly for 10 minutes over a low heat.
2. Add rice, 6 cups of hot water, chillies and peas stir, cover and cook over moderate heat for 18-20 minutes. Remove from heat, keep covered for 15 minutes.
3. Serve with salad or borhani.

Clockwise from top left: Luchi (Page 74), Mixed Vegetable Niramish (Page 10), Potato Curry/Alur Dom (Page 12).

Spiced Khichuri

2 cups pulao rice
 $\frac{1}{2}$ cup red gram/lentils
 $\frac{1}{2}$ cup bengal gram/lentil
 $\frac{1}{2}$ cup moogbean/green lentil
 $\frac{1}{2}$ cup cooking oil
 2 bay leaves
 $\frac{1}{2}$ cup chopped onion

1 teaspoon ground ginger
 1 teaspoon ground garlic
 1 teaspoon ground turmeric
 1 teaspoon ground red chilli
 2 teaspoons ground coriander
 2 teaspoons ground cumin
 4 green chillies

1. Rinse rice and lentils together. Add $3\frac{1}{2}$ quart water, 1 tablespoon salt and cook about $1\frac{1}{2}$ -2 hours. Stir occasionally during the last 30 minutes of cooking. Rice-lentil mixture can be cooked in a pressure saucepan with $1\frac{1}{2}$ quart water for 10 minutes under 15 pounds pressure.
2. Mix ground spices in 1 cup of water. Heat oil in a saucepan. Sauté onion, add bay leaf and mixture of spices, fry for 3-4 minutes. Add rice mixture. Cook for 3 minutes stirring constantly. If it is very thick add 1 cup of boiling water. Add green chilli, cover and keep over a very low heat for 5-8 minutes.
3. Serve khichuri with fried eggplant, curry beef, salad and achar.

Bhuna Khichuri

1	cup moongbeans/green lentil	3	sticks cinnamon
2	cups pulao rice	3	cloves
4	cup ghee or butter oil	1	bayleaf
2	teaspoons finely chopped ginger	2½	teaspoons salt

1. Roast moongbeans in a fry pan lightly. Rinse rice and lentils together, drain water.
2. In a saucepan heat ghee, put in all ingredients and fry for 2 minutes. Add 5 cups of hot water cover and cook for 20-25 minutes.
3. Serve in a rice dish. Garnish with sliced boiled egg and crispy fried onion. Bhuna Khichuri with meat curry, fresh vegetables salad and sweet and sour eggplant (page 22) make a good menu.

Vegetable Khichuri

½	cup pulao rice	1	teaspoon cumin seed
½	cup red gram/lentils	2	tablespoons chopped onion
2	tablespoons cooking oil	1	bay leaf
1	potato	1	teaspoon salt
½	cup cauliflower	½	teaspoon ground ginger
½	cup shelled peas	2	cups hot water

1. Peel and make small cubes of potato. Make small pieces of cauliflower. In a saucepan fry potato and cauliflower separately in 1 tablespoon of oil.
2. Rinse rice and lentil together. In the saucepan heat rest of the oil. Drop cumin in the oil, add onion, bay leaf and fry light brown. Add rice-lentils, fried vegetables, ginger, salt, peas and fry for 2 minutes. Add water, stir, cover bring to boil. Simmer for 25 minutes.

Luchi

1 cup flour
 $\frac{1}{2}$ teaspoon salt

2 tablespoons fat
 $\frac{1}{2}$ cup water

1. Rub fat into flour. Dissolve salt in water and add to the flour. Knead well. Make 12 balls.
2. Roll out each ball into round shape. Fry in deepfat. While frying turn once and remove on an absorbent kitchen paper (see page 70).
3. Serve with potato curry, shami kabab or vegetable niramish.

Porota

2 $\frac{1}{2}$ cups flour
1 teaspoon salt

1 teaspoon sugar
 $\frac{1}{2}$ cup cooking oil

1. Add salt, sugar and 1 tablespoon oil to 2 cups of flour, mix well. Make dough of flour with $\frac{1}{2}$ cup of water. Knead very well. Divide the dough into 6 balls.
2. Sprinkle a little flour on the bread board. Roll out one ball thinly. Brush 1 teaspoon of oil on its surface, sprinkle some flour. Roll up the bread to make a shape of a rod. Hold one end and wind dough to form coil, tuck end firmly underneath. Roll out again into round shape measuring 20 cm/8-in diameter.
3. Heat a heavy frying pan. Fry both sides of porota carefully for a few minutes. Then fry both sides of porota in 1 tablespoon of oil till it is brown and crisp.
4. Lightly press the porota from both ends to loosen it if desired. Then stack the porotas one upon another (see page 69).
5. Serve hot with Kabab or vegetable niramish.

Desserts

Lobani

1 kg (2 lbs) ripe cucumber
½ cup ghee
4 cardamoms
3 sticks cinnamon

1 cup thick coconut milk
3 cups sugar
1 tablespoon rose water

1. Select a big sized ripe cucumber measuring 1 kg (2 lbs). Peel, pare lengthwise, remove seeds. Cut into square (7.5 cm x 7.5 cm / 3-in x 3-in) or rectangular (6 cm x 8.5 cm / 2.5-in x 3.5-in) pieces, rinse and drain water. Drop cucumber gently in boiling water and boil for 1 minute, drain water.
2. Melt ghee in a cooking pan. Add cucumber, cinnamon and cardamom. Fry over low heat for about 4-5 minutes. Add coconut milk, bring to boil, reduce heat, simmer until cucumber is cooked.
3. Add half a cup of sugar after every five minutes. Keep over low heat for 2-3 hours. Sprinkle rose water on it. Remove from heat, leave to cool. Serve for dessert.
4. Makes 6 servings.

Sweet Rice with Pineapple

(Jorda)

450 g (1 lb) pulao or basmati rice	2 tablespoons raisins
$\frac{3}{4}$ cup chopped pineapple	1 tablespoon shredded pistachio
4 cardamoms	1 tablespoon shredded almond
2 cloves	2 tablespoons grated mawa
2 sticks cinnamon	(optional)
$\frac{1}{2}$ cup ghee	lemon colour, liquid or powder
3 $\frac{1}{2}$ cups sugar	

1. Boil 7 cups of water adding food colour (light colour is desirable). Rinse rice, add to the boiling water, stir. After 15 minutes when rice is just soft, pour rice in a colander to discard gruel. Spread rice to cool.
2. If possible select fresh pineapple. Cut pineapple lengthwise and core with a fork, juice must be saved. In case of canned pineapple chop it finely.
3. In a saucepan put in sugar, mix with $\frac{1}{2}$ cup of water. Add cardamom, cloves, cinnamon and ghee. Cook over a moderate heat stirring constantly. When sugar melts add pineapple. Cook for 5 minutes. Add rice, stir, cook for 5 minutes, add raisins.
4. Spread rice on an oven tray. Put in the hot oven (180°C/350°F) for 30-40 minutes.
5. Remove the tray from oven, allow to cool. Serve in a dish. While serving in a dish fluff up sweet rice with a fork. Garnish with raisins, pistachio, almond and mawa.

Bottlegourd with Milk

2	cups finely grated bottle gourd	2½	cups sugar
2	tablespoons ghee	3	cardamoms
1½	litre (5 cups) milk	2	sticks cinnamon

1. Peel gourd, remove seeds and soft parts, rinse and drain. Grate the gourd with a grater. Boil grated gourd in hot water for 1 minute. Drain water, cool and squeeze the water from gourd. Spread it on a tray.
2. In a saucepan heat ghee with cardamom and cinnamon. Fry gourd over low heat very lightly. Add scalded milk, stir, bring to a boil, reduce heat, simmer till gourd is cooked (about 25 minutes).
3. Add sugar giving half cup at a time. Keep over low heat for about 2 hours, stir from time to time. If desired add 2 teaspoons of rose water, 2 tablespoons raisins, 1 tablespoon shredded almond and pistachio.
4. Serve in a dessert bowl and garnish with raisins and pistachio.

Carrot Haluwa

1	kg (2 lbs) carrot	1½	cup grated coconut
6	cups sugar	½	cup full cream milk powder
5	sticks cinnamon		raisins, pistachio, almond and
1	teaspoon ground cardamom		mawa (optional)
1	cup ghee		

1. Wash, peel, cube and boil carrots. Grind carrot with a blender or a grinding stone.
2. Melt ghee in a saucepan. Put in carrot, sugar, cinnamon and cardamom. Bring to the burner and cook stirring from time to time (about 20 minutes).
3. Make paste of the milk powder. Add milk and coconut to carrot. Fry stirring constantly till haluwa is formed into a sticky lump.
4. Spread haluwa on a big sized round dish. Garnish with mawa, raisins or shredded almond, pistachio etc.

Rice Pudding (Firni)

1 litre (4½ cups) milk	1 cup sugar
½ cup pullao rice	2 teaspoons rose water
	1 tablespoon raisins

1. Rinse the rice, drain, then soak it in fresh half cup of water for 30 minutes. Drain and save the water. Press the rice lightly with a rolling pin to make it half broken.
2. In a pan put in rice, water and milk, mix well. Boil the mixture, reduce heat, simmer until rice is cooked.
3. Add ½ cup of sugar at a time stirring regularly, add rose water and raisins. Remove from heat, cover with a cheese cloth, leave to cool.
4. Pour rice pudding in a dessert bowl or in the individual serving bowl. Garnish with thinly sliced pistachio, almond and raisins.
5. Make 6 servings.

Rice Mollasses Pudding (Khir)

1 litre (4½ cups) milk	225 g (8 oz) molasses
½ cup puliaao rice	(patali gur)

1. Rinse rice, then drain water and soak rice in half cup of fresh water for 30 minutes. On a bread board press the rice with a rolling pin to make it half broken.
2. In a pan put in rice and milk, mix well. Bring to boil, reduce heat and boil milk for about one hour, stir occasionally.
3. Add ¼ cup of molasses at a time, stir till molasses dissolves and blend well, then remove from heat.
4. Pour in a serving bowl or in individual dessert bowl. Cover with cheese cloth. When completely cool cover the bowl, keep in the refrigerator.
5. Serve as a dessert or in the breakfast.
6. Makes 6 servings.

Egg Haluwa

4 beaten eggs	4 cardamoms
200 g (7 oz) sugar	2 sticks cinnamon
½ cup cream milk (half and half)	2 tablespoons rose water
½ cup ghee or butter	½ teaspoon saffron

1. Combine all ingredients except ghee. Mix them well.
2. In a pan melt ghee. Remove from heat. Add the egg mixture, return pan to the burner. Cook over a low heat stirring constantly. When egg coagulates into a lump and ghee appears remove from heat. If desired add 1 tablespoon raisins. Garnish with 1 tablespoon chopped almond and pistachio.

Patishapta Pitha

1 litre (4½ cups) milk	2 cups rice flour
1 tablespoon flour	½ cup wheat flour
½ cup sugar	½ cup molasses or sugar

1. Boil milk. Keep aside ½ cup of milk. By boiling reduce the quantity of milk to half. During the time of boiling stir regularly adding 1 tablespoon sugar at a time.
2. Dissolve 1 tablespoon flour in ½ cup of milk, add flour and sugar to the thick milk when it is on the burner. Stir quickly for 2-3 minutes. When it thickens more remove from heat. Keep covered with a cheese cloth.
3. Mix rice flour with wheat flour. Dissolve molasses or sugar in 2 cups of water. Add flour mixture and mix well, batter should be moderately thin. If necessary, add a little water. Keep for 2-3 hours.
4. Heat a frying pan with handle, brush oil. Pour in ½ cup of batter. Move the pan so that the batter spreads all over it. Reduce heat. When pan cake dries up place 1 tablespoon prepared thick milk at one edge. Roll on the pancake. With the back of a serving spoon press the roll lightly.
5. Serve as a dessert or in the breakfast.
6. Makes 6 servings.

Desserts

Coconut Sweets

(Narikeler Borphi)

2½ cups grated fresh coconut
2 cups sugar

1 tablespoon ghee
½ teaspoon ground cardamom

1. Grind the grated coconut with a grinding stone or blender.
2. In a saucepan with handle, place all the ingredients. Mix them well. Cook over a low heat stirring regularly. When it is sticky and is about to scorch the bottom of the pan remove from heat. Turn quickly on to a greased bread board. Roll out 1 cm/½-in thick with a greased rolling pin. Leave to cool for 5 minutes.
3. With a sharp knife cut it into pieces of diamond shape neatly.
4. Makes 8-10 servings.

Coconut Ball

(Narikeler Naroo)

2 cups grated fresh coconut
1 cup molasses

1 tablespoon sesame seed
1 tablespoon crumb of fried rice

1. In a saucepan melt molasses over low heat. Add coconut, cook stirring constantly till sticky. Add sesame seed, stir-fry, then add rice crumb, stir-fry for 1-2 minutes.
2. Remove from heat. Rub a little oil on your palms. Take some coconut between your palms and shape the ball quickly. Yield 18 balls.
3. Makes 6 servings.

Milk Casein (Chhana)

2 litre (9 cups) fresh milk $\frac{1}{2}$ cup lemon juice

1. Boil milk once, remove from heat and pour in a bowl, leave it for 5 minutes.
2. Mix lemon juice with 1 cup of water.
3. Pour the lemon juice slowly in milk and stir. Stop adding lemon juice as soon as milk casein begins to coagulate. Cover the bowl with a cheese cloth, leave for 10 minutes.
4. Using a cheese cloth strain milk, tie the cloth tightly to squeeze out whey. Keep hanging for about 2 hours. Yield 1 cup chhana (casein).
5. Use chhana (casein) to make sweets like sandesh, rosogolla etc.

Sandesh

2 cups chhana 75 g (3 oz) molasses
 $\frac{1}{4}$ cup sugar (patali gur)

1. Both solid and liquid molasses from date are available in Bangladesh. Select solid molasses (patali gur). Smash molasseses.
2. Melt molasses over low heat, add sugar and chhana (milk casein). Cook over a low heat stirring constantly. Remove from heat when chhana forms a lump and is sticky.
3. Spread chhana on a tray. Knead chhana very well to make it smooth. Make 16 balls. With a greased mold of sandesh press the ball.
4. Serve in a tea party or as a dessert.

Rosogolla

1	cup chhana (page 82)	$\frac{1}{2}$ teaspoon baking powder
$\frac{1}{4}$	teaspoon ground cardamom	$\frac{1}{2}$ cup sugar
1	tablespoon samolina (suji)	1 $\frac{1}{2}$ kg (3 lbs) sugar
3	tablespoons flour	2 teaspoons rose water (optional)

1. In a two quarts cooking pan dissolve 1 $\frac{1}{2}$ kg (2 $\frac{1}{2}$ lbs) sugar in 3 cups of water. Boil it once.
2. Combine samolina, flour, baking powder and $\frac{1}{2}$ cup of sugar. Mix them well.
3. Knead chhana (milk casein) lightly. Add the flour mixture in it. Knead chhana to mix with flour. Mix cardamom in it. Divide into 16-20 balls.
4. Boil syrup over moderate heat. Drop the balls all at a time. After a few minutes when rosogolla float on the surface, dip them into the syrup with a ladle. From time to time add $\frac{1}{2}$ cup of water to keep syrup thin as before. Cook for about 20 minutes.
5. Drop one rosogolla in a cup of water. Rosogolla is well cooked if it sinks under water. Lastly sprinkle $\frac{1}{2}$ cup of water and reduce heat. If rosogolla does not float on the surface, remove from heat, pour in a bowl. Allow to cool for 7-8 hours. Serve in the breakfast or at a tea party or as dessert.

Cornflour Haluwa

(Neshesta Haluwa)

250	g ($\frac{1}{2}$ lb) cornflour	1	teaspoon rose water
250	g ($\frac{1}{2}$ lb) ghee or butter oil	$\frac{1}{4}$	teaspoon saffron
500	g (1 lb) sugar	2	tablespoons shredded almonds
3	sticks cinnamon	2	tablespoons shredded pistachio
4	cardamoms		a few drops of lemon yellow colour

1. Mix cornflour in 4 cups of water, leave it for 5-6 hours. Soak saffron in rose water. Soak almond and pistachio in water, peel and shred.
2. Discard the surface water (about 1 cup) from the cornflour mixture without disturbing the cornflour. Add 2 cups of fresh water, add rest of the ingredients except almond and pistachio.
3. Cook over low heat stirring constantly. When it thickens and oil separates out remove from heat. Turn quickly on a shallow serving dish and spread with a rolling pin. Garnish with almond and pistachio.
4. Serve haluwa for desserts.
5. Makes 20 servings.

Drinks

Borhani

4 cups yogurt	1 teaspoon cumin seed
2 green chillies	1 teaspoon coriander
2 tablespoons mint leaves	1 teaspoon salt
$\frac{1}{2}$ teaspoon ground white pepper	$\frac{1}{2}$ teaspoon ground mustard

1. Beat yogurt with a beater. Strain through a cheese cloth.
2. Grind chillies and mint leaves finely.
3. Roast cumin seeds and coriander very lightly over a low heat, grind them.
4. Combine spices and blend with the yogurt. Season to taste with more spices and a little sugar.
5. Keep in the refrigerator.

Woodapple Sherbet

1 ripe woodapple	1 $\frac{1}{2}$ cups sugar
$\frac{2}{3}$ cups cold water	1 cup milk or natural yogurt

1. Break woodapple. Remove seeds with gum. Soak the pulp in 2 cups of water. Rub through a strainer.
2. Dissolve 1 cup sugar in 2 cups of water. Mixed with the strained fruit.
3. Beat yogurt mix with the fruit mixture. Add more sugar according to the size of woodapple.
4. Serve putting sufficient ice cubes in the glass.

Green Mango Sherbet

2 small green mangoes	1 cup sugar
3 cups cold water	ice cubes and green food colour

1. Peel mangoes, grate just the green pulp, do not grate the stone.
2. Soak the grated pulp in 1 cup of water for 15 minutes. Put in a squeezer with water, press and save mango juice.
3. Dissolve sugar in mango juice. Add a pinch or a few drops of green colour. Keep in the refrigerator.
4. Before serving add ice cubes.
5. Makes 4 servings.

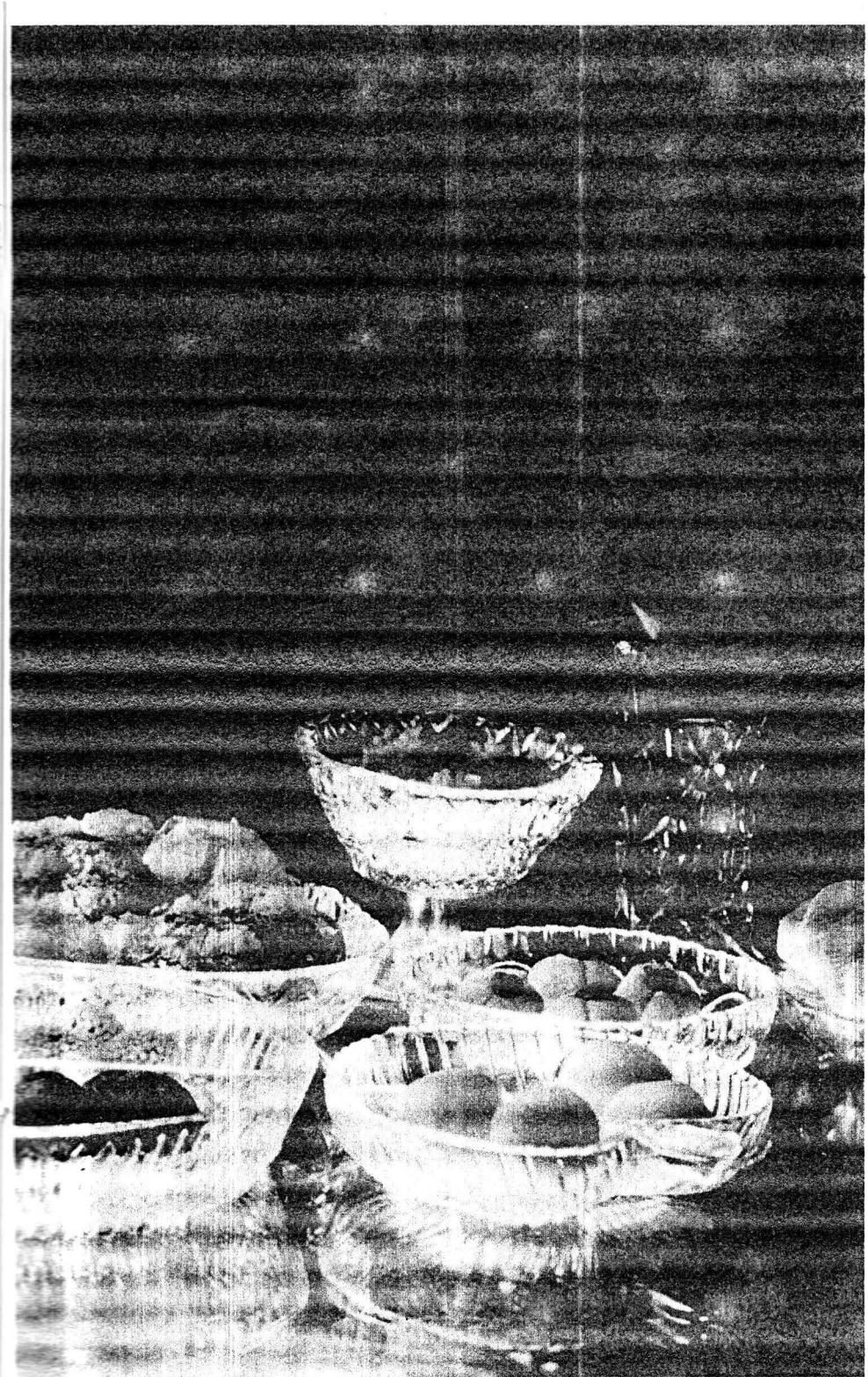
Palm with Milk

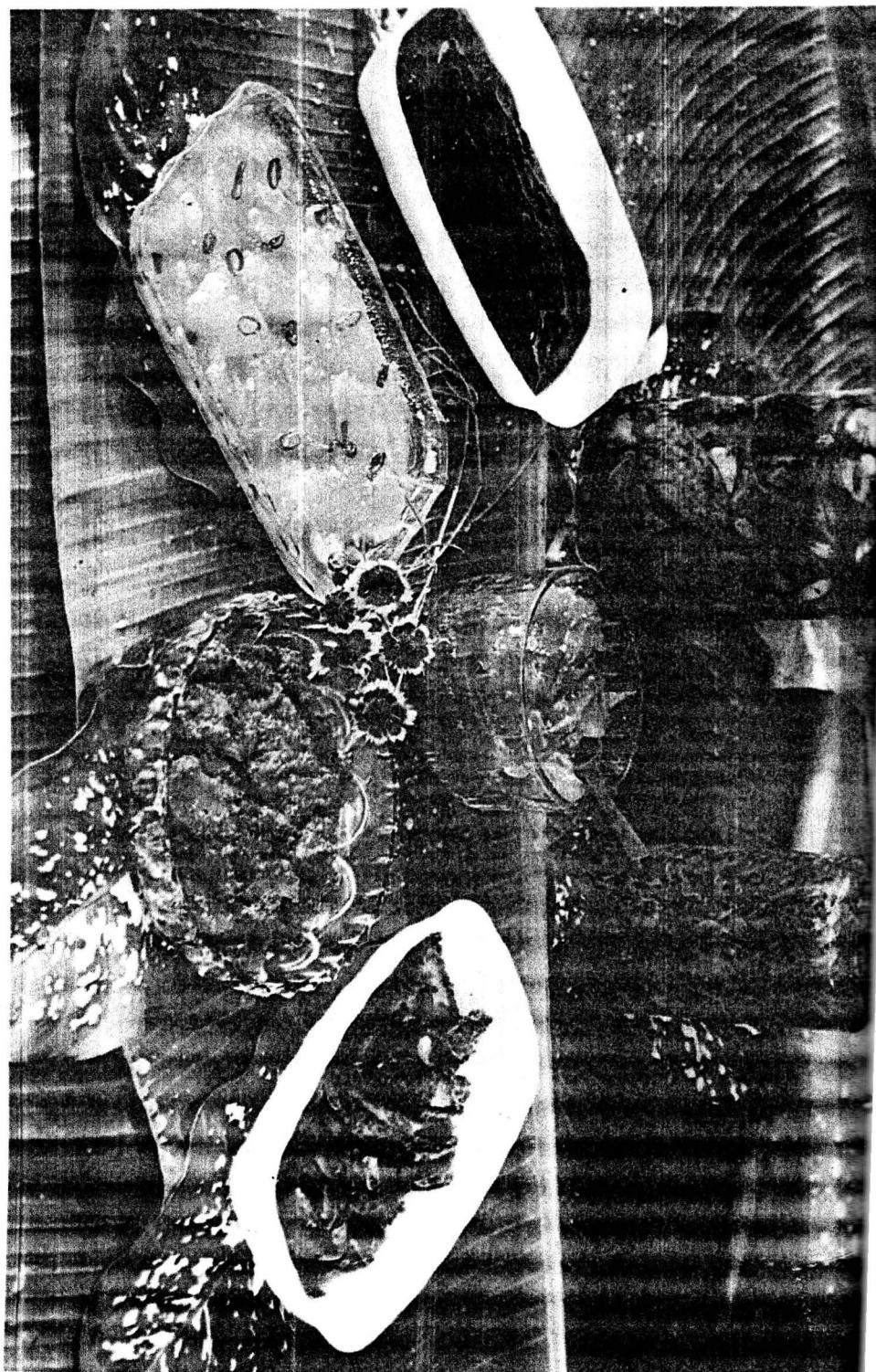
1 ripe palm	2 cups evaporated milk
1 cup sugar	(half and half)

1. Remove skin from palm. Rub the seeds through a sieve with a little water to squeeze out the thick juice. Take two cups of the thick juice.
2. Add sugar. Boil till thickens like jam. Cool, keep in a refrigerator.
3. Before serving add cold evaporated (half and half) milk.

Left and bottom : Varieties of Rosogolla (Page 83)

Right and centre : Varieties of Sondesh (Page 82)





Snacks

Nimak Para

1 cup flour

$\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ teaspoon baking powder

2 tablespoons fat

$\frac{1}{4}$ cup water

$\frac{1}{2}$ teaspoon Kaligira

1. Add salt and baking powder to flour. Cut shortening in flour. Make dough with water. Knead well, add Kaligira.
2. Roll out the dough thin. With sharp knife cut in 5 cm/1-in stripes, then cut each stripe into pieces of diamond shape. Fry in deep fat.

Top left (dish) : Kashmiri achar (Page 100)

Top right (dish) : Tamarind Sweet achar (Page 101)

Potato Chop

450 g (1 lb) potato
225 g (8 oz) ground meat
 $\frac{3}{4}$ cup chopped onion
 $\frac{1}{2}$ teaspoon ground ginger
1 teaspoon ground black pepper
2 sticks cinnamon

1 bayleaf
1 chopped green chilli
2 teaspoons salt
1 egg
1 cup crumb of toast
oil for frying

1. Boil potato, peel and mash.
2. Heat 3 tablespoons of oil, saute onion, add bayleaf, cinnamon and green chilli, fry for 20 seconds. Drain oil and leave spices to cool. Grind them.
3. Add meat, ground species, salt and $\frac{1}{2}$ cup of water and put them in a pan. Cook meat over a low heat. Fry meat until oil separates from meat. Add half of the onion mixture, stir.
4. Add rest of the onion mixture to the potato. Mix well, season with salt and pepper. Divide potato and meat into equal portions. Stuff potato with meat, make round or oval shape as you desire. Dip into the beaten egg, cover with bread crumb. Fry in deep fat.

Snacks

Ghugni

225 g (8 oz) cauliflower
 225 g (8 oz) potato
 100 g (4 oz) shelled peas
 2 tablespoons cooking oil
 1 teaspoon salt

$\frac{1}{2}$ teaspoon black pepper
 2 tablespoons chopped
 coriander leaves
 4 cups puffed rice

1. Cut cauliflower and potatoes into small cubes. Boil vegetables separately.
2. In a fry pan heat oil. Fry boiled vegetables. Add salt, pepper and coriander leaves. Remove from heat and leave to cool.
3. Combine fried vegetables and puffed rice before serving. Serve with tea or coffee.
4. Makes 4-6 servings.

Fried Cheera

250 g (8 oz) cheera/flat rice
 250 g (8 oz) potato
 $\frac{1}{2}$ cup peanut
 1 teaspoon salt
 1 teaspoon ground black pepper

3 tablespoons chopped onion
 2 chopped green chillies
 2 tablespoons coriander leaves
 Fresh coconut cubes (optional)
 oil for frying

1. Sieve cheera with a soup strainer to remove dirt and broken parts.
2. Heat $1\frac{1}{2}$ cup of oil in a deep fry pan. Place 2 tablespoons cheera in a soup strainer. Dip the strainer into hot oil. When cheera puffs crisply, take off the strainer from oil. Spread fried cheera on absorbent kitchen paper. Mix some salt and pepper with cheera.
3. Peel and grate potato coarsely. Wash and drain. Fry the potato crisply in deep fat. Mix with some salt and pepper.
4. Before serving combine all ingredients, mix well. Serve with tea or coffee.

Fried cheera with vegetables :

In the above recipe add 1 cucumber, 2 tomatoes, 3 spring onions, cut all into cubes. Mix them with fried cheera just before serving.

16.2

Fried Puffed Rice

2	tablespoons cooking oil	3	cups puffed rice
2	tablespoons chopped onion	$\frac{1}{2}$	teaspoon salt
$\frac{1}{4}$	teaspoon chopped ginger	1	tablespoon coriander
$\frac{1}{4}$	teaspoon chopped green chilli		leaves or mint leaves

1. In a deep fry pan heat oil, saute onion. Add ginger and chilli, fry for 30 seconds. Add puffed rice and coriander leaves. Fry for 2-3 minutes stirring constantly.
2. Serve hot with tea or coffee.

Dalpuri

$\frac{1}{2}$ cup red gram/lentils	$\frac{1}{2}$ cup thinly sliced onion
$\frac{1}{4}$ teaspoon ground ginger	1-2 tablespoons chopped mint or
2 teaspoons chopped onion	coriander leaves
1 chopped green chilli	6 tablespoons fat
2 red chillies (optional)	3 cups flour

1. In a saucepan put in lentils, ginger, chopped onion, green chilli, 1 teaspoon salt and $\frac{1}{2}$ cup of water. Bring to a boil, cover and simmer till water absorbs. Stir constantly, when the lentil binds into a lump and looks dry remove from heat.
2. In one teaspoon of oil fry red chillies until crisp. Add $\frac{1}{4}$ cup of oil in the fry pan and saute onion golden brown. Strain oil from onion. Spread onion to become cool and crisp. Crush red chillies and onion. Add mint leaves and mix with the lentil. Make 20 balls.
3. Rub fat into the flour. Add water (about $\frac{1}{2}$ cup) to it to make dough. Knead well. Make 20 balls.
4. Stuff each ball of flour with a ball of lentil, seal carefully. Sprinkle a little flour over a bread board. Roll out the balls into round shape keeping sealed face downward. Fry in deep fat golden brown.

Singara

450 g (1 lb) potato	1 bayleaf
$\frac{1}{2}$ teaspoon anise	1 teaspoon roasted ground cumin
$\frac{1}{4}$ teaspoon cumin seed	1 teaspoon ground cinnamon
$\frac{1}{2}$ teaspoon fenugreek	2 cups flour
1 teaspoon crushed ginger	$\frac{1}{2}$ teaspoon kaligira
4-6 crushed green chillies.	2 teaspoons salt

1. Peel potatoes, make small cubes (1 cm/ $\frac{1}{2}$ -in.).
2. In a fry pan heat 3 tablespoons oil. Add anise, cumin seed and fenugreek, stir till seeds pop. Add ginger, green chillies and bayleaf. Stir-fry for about 20 seconds. Add potato and salt to taste. Cover, cook over a moderate heat. After a few minutes fry potato stirring regularly. When potato is tender add ground cumin and cinnamon. Remove from heat, leave to cool. Divide cooked potato into 24 portions.
3. Add salt, $\frac{1}{4}$ cup shortening or oil to flour, mix well. Add water just enough (about $\frac{1}{2}$ - $\frac{3}{4}$ cup) to make moderately stiff dough, knead well. Make 12 balls.
4. Roll out each ball of dough into oval shape. Cut breadthwise into two equal parts. Shape one part like a cone. Holding the cone in your left hand stuff the cone with one portion of cooked potato. Smear a little water to the inner edge of the cone and seal the opening tightly. Twist the opposite pointed end.
5. Heat oil in a deep frying pan. Put 8-10 singaras at a time in the frying pan. Keep the heat moderate-low and fry the singaras for about 15-20 minutes. Strain oil, remove singaras on an absorbent paper. Colour of singara should be even golden brown.
6. Serve with tamarind sauce or kashmiri achar or tomato sauce.

Samosa

450 g (1 lb)	ground meat	1½	teaspoon salt
1	teaspoon ground ginger	4	chopped green chillies (optional)
1	teaspoon ground garlic	½	cup chopped onion
½	teaspoon ground red chilli	2	tablespoons coriander leaves
2	teaspoons curry powder	4	cups flour
½	teaspoon ground cinnamon	2	teaspoons salt
1	bayleaf		oil for frying

1. In a saucepan add meat, ground spices, bayleaf, salt, $\frac{1}{2}$ cup of oil and $\frac{1}{2}$ cup of water. Put lid on, bring to a boil and simmer. After a few minutes when water has been taken up, fry meat stirring regularly. Add chilli, onion, coriander leaves. Stir-fry for five minutes over a low heat.
2. Mix salt with flour. Add 1 cup of water, knead well. Cover with a wet cloth. Keep for 20 minutes. Make 8 portions.
3. Sprinkle some flour on a bread board. Roll out each portion of dough into a bread measuring 12 cm/5-in diameter.
4. Lay one bread on the board. Brush a little oil on the bread and sprinkle a little flour. Place another bread on it and repeat the same to place 3—4 breads one upon another. Then roll out the bread into a big disc about 30 cm/12-in diameter.
5. Lay the big bread on a baking tray and put the tray in a moderately hot oven for 30 seconds. Turn the bread once and keep in the oven for another 30 seconds. Then carefully separate the breads one by one. Use oven when necessary.
6. With a sharp knife cut the bread into pieces measuring 20 cm x 7.5 cm/ 8-in x 3-in each.
7. Make a paste of $\frac{1}{2}$ cup of flour with water.
8. Wrap each piece into a triangular shape. Stuff with cooked ground meat. Seal the opening with paste. Fry in deep fat crisply.
9. Serve hot with tomato sauce.

Potato Dolma

275 g (10 oz) ground beef or mutton or lamb	1 $\frac{1}{2}$ teaspoon chilli powder (optional)
$\frac{1}{2}$ cup thinly sliced onion	1 teaspoon ground black pepper
4 cardamoms	$\frac{1}{2}$ teaspoon ground mace
2 sticks cinnamon	1 kg (2 lbs) potato
1 bay leaf	2 eggs
1 teaspoon ground ginger	1 cup crumb of biscuit
1 teaspoon ground garlic	oil for frying

1. In $\frac{1}{2}$ cup of oil fry onion light brown. Add cardamom, cinnamon and bay leaf, stir-fry for 15 seconds, remove the pan from heat, strain oil, spread the spices on absorbent kitchen paper and leave to cool. Grind the fried spices together.
2. In the remaining oil add meat, ginger, garlic, $\frac{1}{2}$ teaspoon black pepper, mace and salt to taste. Add 1 cup of water, cover pan and cook over moderate heat till water has been taken up. Stir-fry meat until oil separates out. Mix half of the fried ground spices with the meat. Make 10 portions.
3. Boil, peel and mash potato. Season with $\frac{1}{2}$ teaspoon black pepper and salt. Add rest of the fried ground spices. Mix them well. Make 10 balls.
4. Put one portion of meat into the ball of potato. With your palm neatly shape the ball so that the meat remains at the centre
5. Beat eggs lightly. Dip a ball of potato into the beaten egg, cover with bread crumb. Repeat the process with other balls.
6. In a deep frying pan heat (180°C/350°F) 1 $\frac{1}{2}$ —2 cups of oil. In deep oil fry the balls of potato golden brown one at a time. Strain oil and remove on absorbent kitchen paper. Leave the fried potato balls to cool for 30 minutes.

7. With a sharp knife cut the ball carefully into two equal parts. Keeping the cut face upward arrange them on a round dish. Garnish with grated cheese, chopped red coloured green chilli or capsicum, coriander leaves or paprika. Decorate the dish with potato chips.
8. Serve at a tea party or at lunch or dinner.
9. Makes 20 servings.

Pantaras

Cooking meat :

450 g (1 lb) ground meat	2 green chillies
$\frac{1}{2}$ cup chopped onion	2 cardamoms
$\frac{1}{2}$ teaspoon ground ginger	2 sticks cinnamon
1 teaspoon ground garlic	2 cloves
1 teaspoon ground black pepper	1 $\frac{1}{2}$ teaspoons salt
1 bayleaf	$\frac{1}{4}$ cup cooking oil

1. Heat oil, saute onion, add bayleaf and chilli, fry for a few seconds, drain oil. Allow to cool. Grind cinnamon, cardamom, cloves and fried spices.
2. In the same cooking pan put in meat, ground spices and $\frac{1}{2}$ cup of water, cover and cook till water absorbs. Fry meat over low heat stirring constantly. Add the prepared ground spices. Fry one minute. Cool.

Making pancake :

2 eggs	2 teaspoons salt
1 $\frac{1}{4}$ cups water	2 cups flour
1 teaspoon sugar	

1. Beat egg very lightly. In a bowl combine egg, water, sugar and salt. Mix well. Sprinkle flour on the mixture and mix them thoroughly.
2. Take a heavy-based 8" diameter frying pan with a handle. Heat the frying pan, brush a little oil on the pan. Pour in $\frac{1}{2}$ cup of batter. Holding the handle move the pan round to spread batter in the entire pan. Cook until the top of pancake dries up. Remove from the pan. Make about 16 pan cakes.

Frying pantaras :

1 beaten egg	Oil for frying
1 cup crumb of toast	

1. Mix $\frac{1}{4}$ cup of flour with 2 tablespoons of water to make a paste.
2. Lay one pancake on a tray. Put 2 tablespoons of meat on one side of the pancake. Roll $\frac{1}{3}$ of the pancake to cover the meat. Fold left edge and then right edge and then roll on neatly. Brush some paste at the edge of the pancake and seal the end of the roll.
3. Dip rolls in beaten egg, cover with crumb. Fry in deep oil.

Snacks

Chatpati

225 g (8 oz) dry whole peas	2	teaspoons cumin seed
$\frac{1}{2}$ teaspoon baking soda	$\frac{1}{4}$	teaspoon chilli powder
$\frac{1}{2}$ cup seedless tamarind	$\frac{1}{4}$	teaspoon ground black pepper
100 g (4 oz) potato	1	tablespoon vinegar
1 boiled egg	2	teaspoons sugar
1 small cucumber	$1\frac{1}{2}$	teaspoons salt
1 tomato	1	tablespoon chopped coriander
3 tablespoons sliced onion		leaves.

1. Clean, wash and soak peas with baking soda in water overnight.
2. Next morning wash peas again. Add enough water and boil for 2-3 hours even more until peas are tender (Pressure cooker needs 10 minutes).
3. Boil potato, peel, make small cubes. Make small cubes of cucumber, tomato and onion.
4. Roast and grind cumin seeds. Soak tamarind in water and press through a strainer. Combine the tamarind puree with other ingredients except egg. Mix well.
5. In a serving bowl take chotpati. To garnish the food arrange sliced eggs on the top. Sprinkle some chilli powder and ground cumin on it.

Relishes

Mango Relish

(Kashmiri Achar)

2 cups sliced green mango	1 teaspoon sliced ginger
1½ cup sugar	1 teaspoon finely shredded dry
½ cup white vinegar	chilli
	1 tablespoon salt

1. Green mango with hard stone is good for making relishes. Peel mango, make slices and discard stone. Rinse thoroughly, mix salt and let stand for 3-4 hours. Rinse for 2-4 times. Drain off water.
2. In a saucepan combine all ingredients, stir once. Boil for 8-10 minutes stirring from time to time.
3. Pour hot Kashmiri achar in a clean jar, keep the bottle in a cool place covering with a cheese cloth (cotton cloth). When cool adjust cap.
4. Serve with rice and curry at lunch or dinner.

Aam Shotto

Ripe mango

Salt

Sugar

Vinegar

1. Wash and peel mango, squeeze out juices and pulp. Add salt, sugar and a little vinegar to your taste (about $\frac{1}{2}$ teaspoon salt and 1 tablespoon sugar to a cup of mango). Sour mango needs more sugar than sweet mango. Bring to a boil and remove from heat.

2. Spread mango mixture on a greased tray (bamboo tray is preferable) to make a thin layer. Keep the tray under the sun (the tray can be covered with a very fine cotton cloth). After a few hours brush oil on mango surface and spread another layer on it. Repeat the process 4-5 times till mango is finished. Dry amsotto thoroughly turning over once or twice.
3. Roll amsotto and wrap in an oil paper. Put in a container keeping the cap loose. It needs sun drying once in a month.
4. Serve with rice and lentil soup at lunch or dinner.

Tamarind Sweet Achar

450 g (1 lb) seedless tamarind	1 tablespoon panchforon
3 tablespoons coriander seeds	1 tablespoon salt
2 tablespoons cumin seeds	6 cups sugar or molasses
1 teaspoon chilli powder	$\frac{1}{2}$ cup mustard oil

1. Wash tamarind once. Soak in 4 cups of water for two hours. Press through a strainer, save tamarind puree.
2. Heat 2 tablespoons of oil. Fry panchforon just to pop the seeds. Strain oil and grind.
3. Roast coriander and cumin seeds separately over low heat. Roast the seeds very lightly until crisp. Grind them separately. Combine the ground spices.
4. Boil tamarind puree stirring regularly. When thick add sugar, salt and half of the ground spices. Stir and add oil. Cook till achar thickens and binds the spoon. Remove from heat. Mix with the rest of the ground spices.
5. Pour hot in a clean jar, cover with a cheese cloth, leave to cool. Adjust cap.
6. Serve with rice and vegetable niramish.

Olive Achar

1 kg (2 lb) green olive	1 tablespoon ground coriander
1 tablespoon salt	1 teaspoon ground garlic
1 teaspoon ground turmeric	1 teaspoon chilli powder
1 cup cooking oil	1 tablespoon ground mustard
1 teaspoon panchforon	1 cup vinegar
1½ teaspoons ground ginger	4 cups sugar

1. Wash olive. Cut both sides. Keep also the middle portion with stone. Mix them with salt and turmeric. Spread them on a tray. Keep under sun for one hour.
2. Combine ground spices and mix in $\frac{1}{2}$ cup of water.
3. Heat oil, add panchforon. Stir once and add mixture of spices, fry for 2 minutes. Add olive, vinegar, cover and cook over low heat.
4. When olive is cooked add sugar, stir carefully for 3-5 minutes. Remove from heat. Pour hot achar in a clean jar. Cover the mouth of the jar with a cheese cloth. Leave to cool. Adjust cap.

Glossary

Vegetables of Bangladesh

Name in English

Beans :

Lima beans/Snap beans
Pole beans/String beans

Gourd :

Bitter gourd
Bottle gourd
Snake gourd
Spong gourd/ridge gourd
White gourd/Ash gourd

Cabbage

Carrot

Cauliflower

Cucumber

Egg plant/brinjal

Kohlrabi/Knol khol

Leafy vegetables

Marrow

Okra/Ladies finger

Padval/parwar

Potato

Pumpkin, sweet

Radish

Spinach

Turnip

Name in Bangla

Sim
Barboti

Karala
Lauro
Chichinga
Jhinga
Chaalkumra

Baadhakopi
Gaajar
Phulkopi
Shasha

Begoon
Olkopi
Saak
Dhondul
Dherash
Patal
Alu
Mishtikumra
Moola
Palong Saak
Shaalgom

Name in English

Name in Bangla

Pulses/Lentils :

Bengal gram, split
 Black gram, split
 Moong beans/green lentils
 Red gram/lentils
 Chick-peas, split

Dall

Cholar dall
 Maashkolai dall
 Moong dall
 Masur Dall
 Matar dall

Spices :

Anise
 Bay leaf
 Black pepper
 Carraway seed
 Cardamom
 Chilli
 Cinnamon
 Cloves
 Coriander
 Cumin seed
 Fenugreek seed
 Garlic
 Ginger
 Mace
 Mint leave
 Mustard
 Nutmeg
 Onion
 Poppy seed
 Sesame seed
 Tamarind
 Turmeric

Moury
 Tejpata
 Golmarich
 Shajira
 Elaach
 Marich
 Darchini
 Labango
 Dhane
 Jira
 Methi
 Rasun
 Aada
 Jayotry
 Podina pata
 Sarisha
 Jaiphal
 Peyaj
 Posta
 Til
 Tentul
 Halood

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